

THE MOST WONDERFUL CURES!

Effected by the Newly-Discovered System of Electro-Vital Remedies and
Treatment, as practiced by the

TROY LUNG AND HYGIENIC INSTITUTE.



THE PULMOMETER, OR LUNG TESTER

INVENTED BY

ANDREW STONE, M.D.,

Physician to the Troy Lung and Hygienic Institute.


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SEE NEXT PAGE.

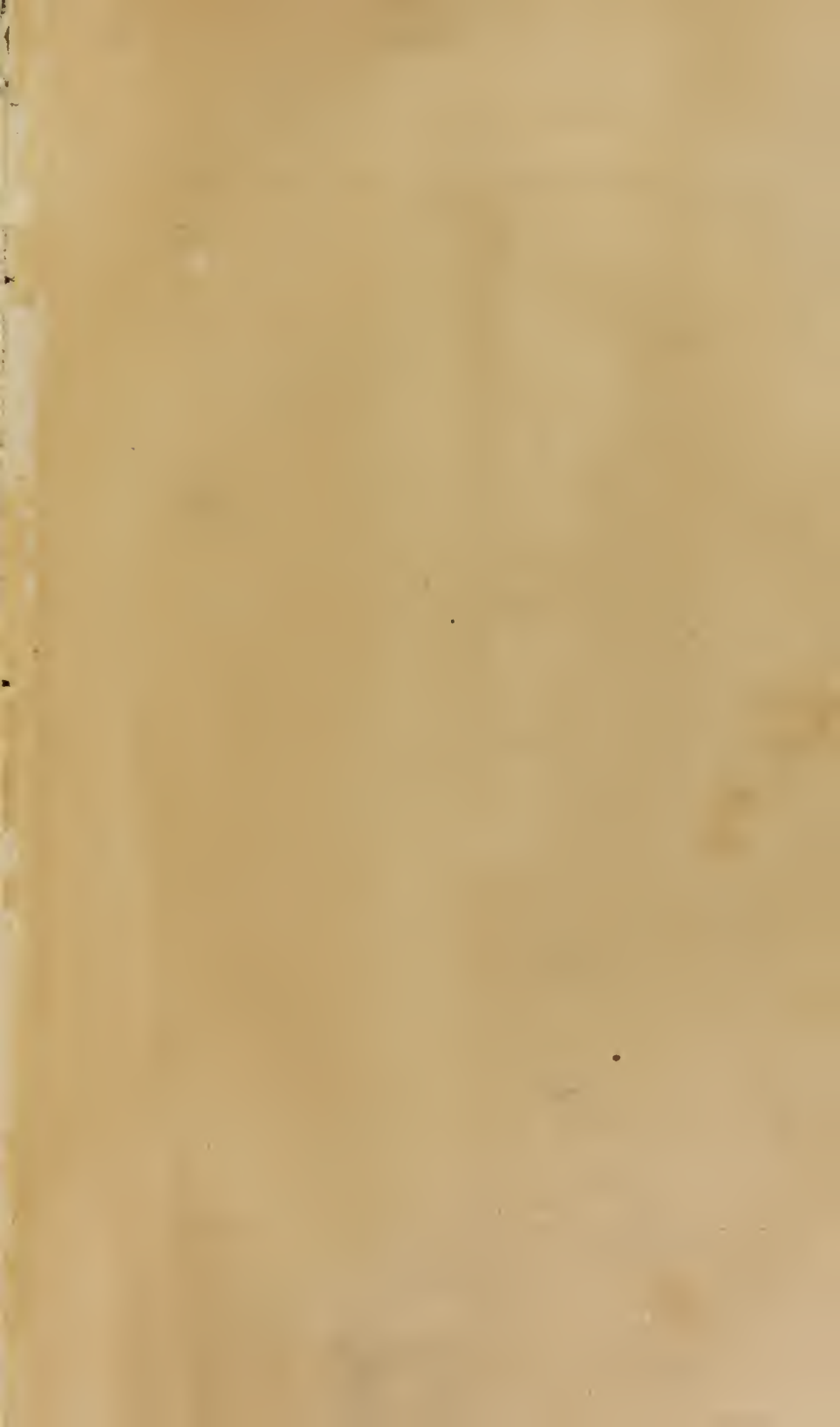
DR. STONE

TREATS

CHRONIC DISEASES OF EVERY NAME AND NATURE.

NERVOUS Debility, leading to early physical degeneracy, or Marasmus and consumption of the blood and vital fluids in the young of both sexes; Constitutional maladies and derangement of the vital functions which follow the change of life in women, known as the Grand Climacteric. Liver Disease, Dyspepsia, or Indigestion, Biliousness, Jaundice, Lowness of Spirits, Despondency. A Morbid Condition of the Blood, Humors, and Cutaneous Eruptions, Scrofula, or King's Evil, Goitre, and impurities of the blood of every nature; Constipation of the Bowels, or Costiveness, Chronic Diarrhea, Fever and Ague, Ulceration of the Rectum. Kidney Diseases: Diabetes, Gravel and Stone, Urinary Obstructions, Incontinence of the Urine, Morbid Irritability of the Bladder, and Urinary Affections of every nature. Nervous Headache, Neuralgia, Rheumatism, Gout, Stiff Joints, Paralysis, Palsy, Benumbed Feeling in every part of the body, Loss of Strength or Motion, Painful Affections of every nature. Deafness, Amaurosis, Diseases of the Eye and Ear of every character. Epilepsy or Falling Fits; Hysteria, Chlorosis, Dropsy, Prolapsus, or Falling of the Womb, Leucorrhœa, or Catarrhal Discharges from the Womb, Ovarian Tumors and Dropsical Effusions; Nausea, or Sickness at the Stomach, Vomiting, following pregnancy, and Diseases of the Sexual Organs. Ulcerations and Diseases of the Throat and large Tonsils; Laryngitis, or Clergyman's Ail, Bronchitis, Congestion of the Lungs. Palpitation, Thickening of the Valves, Enlargement of the Heart, Dropsy and Rheumatism affecting the Heart Case, Pleurisy, Dropsical Effusions in the Chest, Bleeding at the Lungs, Consumption, both Bronchial and Tubercular, and every disease leading to the development of Consumption.

 Every invalid so affected should lose no time in writing us a history of the case, and putting him or herself under treatment immediately, before the complaints become incurable. We will reply by return mail, and give you the most conscientious advice.





I am very truly Yours,
Andrew Stone, M.D.

THE MOST WONDERFUL CURES!

EFFECTED BY THE

Newly-Discovered System of Electro-Vital Remedies and Treatment,

AS PRACTICED BY THE

Troy Lung and Hygienic



INSTITUTE,

With an original description, embodying the views of the new and progressive Philosophy, of the Curability of

CONSUMPTION, CATARRH, BRONCHITIS,
LARYNGITIS, ASTHMA, AND THROAT DISEASES,

By the Inhalation of Cool Medicated Vapors,

AND A GRAPHIC DESCRIPTION OF THE CAUSES OF

LIVER COMPLAINT, SCROFULA, NERVOUS DEBILITY,
PALPITATION, AND DISEASES OF THE HEART.

BY ANDREW STONE, M.D.,

*Physician to the Troy Lung and Hygienic Institute; Inventor of the "PULMOMETER,"
or Lung Tester, etc., etc., etc.; Author of "PULMONARY CONSUMPTION, THAT FATAL
DESTROYER OF MAN: Its curability demonstrated on natural principles,
combining Medicated Air, Medicated Inhalation, and Natural
HYGIENE;" "THE EARLY PHYSICAL DEGENERACY OF THE
AMERICAN PEOPLE;" and numerous other works.*

ILLUSTRATED WITH PLATES.

PUBLISHED BY THE TROY LUNG AND HYGIENIC INSTITUTE,
Bowery Place, Ida Hill, Troy, N. Y.
1868.

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To the Memory of My Departed Wife.


For twelve years of our early earthly pilgrimage, you walked with me, hand in hand, sharing the joys and sorrows incident to the toils of professional life, as pioneers in the great West.

With glowing anticipations and hopes of the opening future, we bade farewell to parents, kindred and friends, and the homes of our nativity, to try our fortunes in this new, and to us, unexplored country.

It became our lot to encounter and experience bitter sickness and suffering, which made shipwreck of health, physical constitution, and submerged our hopes. The sudden blighting of three opening buds of earthly promise proved a shock too great for your enfeebled constitution. You yielded to their continual yearnings for a mother's care, and left me to toil on in the discharge of the great mission that has ever been dear to my heart; healing human suffering and woe. Dark was the horizon that then obscured my earthly vision. Hope died within the heart, and life lost its charms.

An abiding, inherent trust in the righteousness of God's moral government, at length caused these clouds to break and pass away, and give place to the consoling assurance that all was well; and though my mission should encounter bitter strife, conflict, and persecution, the strength developed would be equal to the emergency.

Your name shall ever be my talisman. With an unfaltering confidence in your fidelity, unawed by fear, I will still buckle on the armor of faith, knowing that when I go down with the tabernacle, you, with our loved ones, will stand with open arms, waiting at the gate to receive my spirit and guide it in triumph to the vestibule of that spiritual temple, the grandeur and harmony of which will never be impaired by envy nor mercenary design.

 *Terms for making analysis of Urine and full report of case, Three Dollars.*

INTRODUCTORY.

PATIENTS RESIDING IN ANY PART OF THE COUNTRY CAN BE CURED AT THEIR HOMES JUST AS SUCCESSFULLY AS AT OUR INSTITUTION.

VERY many invalids think that, though their diseases are of a chronic nature, they can not be cured except directly under the eye of their physician. Hundreds of patients of this class have written to us, conveying such impressions, asking the question, if they could so be treated and cured at their homes by having the treatment sent to them.

We beg leave to assure them, most emphatically and conscientiously, that we make our treatment just as successful—in the large majority of cases, we mean—as though we saw our patients. But the objection is made by many, that we can not understand their complaints, their nature, or their seat and extent, without seeing them.

We beg leave to again assure them that this idea, also, is a very erroneous one. We possess the remarkable facilities, brought in conjunction with the knowledge gained from extensive scientific investigation, and from vast experience in treating thousands of cases of chronic disease during the last 40 years, to make the diagnosis of each case as certain, as clear, and as correct as though we saw the patient in person, and did not adopt the system of analysis. And still more so do we do this, and can we do it, if the conditions are complied with on the part of the patient for a scientific and correct investigation of each case—we mean that, by a *chemical analysis of the urine*, the means are rendered far more certain to us and to the experienced chemist, than though the patient was seen personally, without making such an investigation.

In the first place: where there is but the slightest deviation from good health in one organ, it will be manifested in the urine: much more so is this the case where the disease has become seated, and be-

come general in the disturbance of other organs in their function; especially when the Liver, the Stomach, and the digestive organs are the seat of disease or morbid derangement, as is more or less so in every case of a chronic nature.

To such an extent of perfection has the science of urinary pathology and chemical analysis of the blood and the urine been carried, that every disease, of whatever nature, will specifically show itself in some morbid agent—a deviation of deposits and compounds, or triple compounds; and where an examination of the reports from the interrogatories covering these points on the part of the patient is made, even the comparative waste of tissue, the loss of flesh or muscle, the general decay can be determined, as well as the exact disease of each organ, or the amount of structure involved in the decay. A disease of the Liver is made certain; so, also, of the Lungs—where there is tubercular deposit in the Lungs, it will be discovered in the urine, by throwing down yellow urate of ammonia. Again: Gravel and Calculi which frequently form in the Gall-bladder, producing Gall-stones, also in the Kidneys and the urinary bladder, is generally composed of urate of ammonia, and uric acid—that which you will frequently notice deposited in the bottom of your chamber-vessel, which is of a pink or reddish cast.

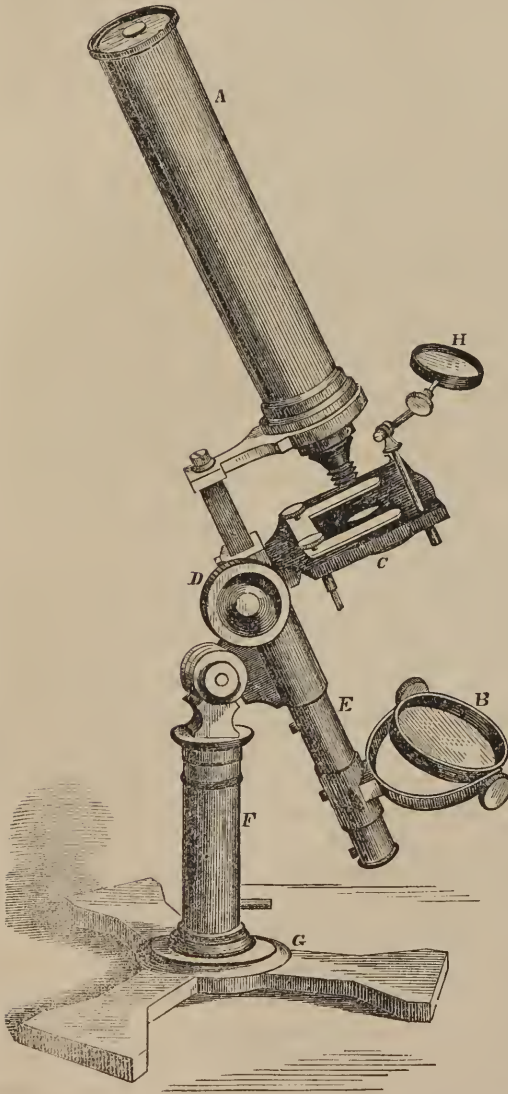
What class of diseases is now more prevalent in the United States, especially in those sections where lime stone water is used, than diseases attending the kidneys and urinary organs? But very few suffering invalids, who have not seen the process of analysis; who have not taken pains to investigate this matter personally in their own cases—which each one can do by putting a quantity of their urine—that made in the morning—into a bottle, allowing it to stand undisturbed for a week or two, and notice the enormous quantity of poisonous sediments which will collect at the bottom of the vessel—we repeat, but very few invalids realize the importance of chemical analysis to determine the causes of their awful and mysterious sufferings.

One will be tortured by frequent neuralgia—aching, lancinating pains in the temple, the brow, and the nerves of the face—and there will be no caries of the teeth, in these cases, to cause them; and in various other parts of the body: in the chest, in the pleura, in the joints, and frequently about the heart: these pains will go as suddenly as they come, in many invalids, while, in others, they remain permanently. Other invalids will labor under an extreme sallow countenance, or the countenance assumes a purple or livid cast, with-

out the least indication of the flush of health upon the cheek; the mind will become beclouded, memory will fail, dullness of the head

will be a constant attendant. Some will be subject to extreme depression of spirits, despondency, devoid of all hope; life itself loses all its charms, inducing, in some cases, even self-destruction.

No course of treatment for these affections can be prescribed, with the certainty of removing the cause in the blood, or in the nutritive functions, without a chemical analysis being made, or correct replies given to the questions that cover this class of symptoms. Says Dr. Bird, the distinguished author of "Urinary Pathology"—"The examination of the urine, in disease, is now regarded as one of the most important aids in diagnosis, and which it would be alike injurious to the welfare of the pa-



tient and the credit and reputation of the practitioner to avoid."

We deem it as essential, then, in all complicated cases, in order

to treat the case directly successfully, and not have it involved in uncertainty, to make an analysis of the urine.

A large quantity is not necessary: one or two ounces of that first passed in the morning, called the "*blood urine*," inclosed in ounce vials that are thick and strong, can be forwarded by mail, packed in a small tin or wooden box, with perfect safety, when not convenient to forward by Express. It can thus be sent with but little expense, *which must be prepaid in all cases.*

Our Institution possesses a complete and most expensive cabinet of philosophical apparatus which enables us to prosecute the analysis expeditiously, and to obtain the certain results in a very short time. We are, therefore, enabled to make immediate returns, or to make up the course of treatment necessary in each case.

We possess a microscope of immense power by which the minutest atom of any poison that may exist in the blood and the system will be detected in the quantity of the secretion analyzed. The cut on the last page illustrates our microscope used in the examination.

As a further illustration to convince the suffering invalid that we can just as successfully treat such cases, not seeing them personally, we refer to that of Mrs. Sawyer, (see page ,) who was so successfully treated in this manner after her case had baffled the skill of the physicians personally attending her.

The reason why such mysterious, complicated cases are never treated successfully by the village physician in indiscriminate general practice is, because they prescribe for symptoms only; for they are not posted in this important science; they never trace effects back to their causes in the blood or derangement of the nutritive functions; and therefore, a cure is rarely obtained. Hundreds and thousands who linger along, suffering for 30 or 40 years, might be cured in a short time and restored to health, and become a comfort to their families, and useful members of society under such a discriminating, scientific system of diagnosis as is adopted at our Institution.

IMPORTANT CAUTION.

We here wish to caution invalids against the indiscriminate use of *quack nostrums* and *patent medicines*, prepared and put up for sale by apothecaries and medicine-venders, advertised with glowing descriptions of their value and adaptability, made more alluring by a splendid engraving and showy vesture, or other indiscriminate drug-taking. Thus it will be seen from our explanation given above, that all such drug-taking must be perfect quackery and shooting in the dark without any definite certainty of its reaching the cause of the

disease; it can not be known whether the medicines taken so indiscriminately are chemically adapted to neutralize or eliminate the poisons in the blood; but in hundreds of instances, instead of correcting the disordered state of the blood, or removing the cause, the patient is made much worse; besides being subjected to a heavy expenditure of money, as is the case with many who apply to our Institution for treatment after all their means have been exhausted.

BLOOD AND CONSTITUTIONAL TREATMENT.

We hope that the suffering invalids and the readers of this valuable book, who are anxious for true light in regard to the curative science of medicine, will understand that the success of all treatment must be based upon purifying the fountain; removing the first cause—meaning, to purify the blood, and to treat first physiological principles; namely, the Liver, the Stomach and digestive organs, which organs alone, can make blood.

You will see, then, that we can send this treatment, upon correct, scientific principles, to all parts of the country, and accomplish these results by direct correspondence.

THE IMPORTANCE OF PHONOGRAPHY IN TREATMENT BY CORRESPONDENCE.

Our Institution employs the most accomplished short-hand or phonographic scribes, competent to record our ideas and dictation at the rate of 175 words per minute. We read, personally, every letter from our patients; every case is duly recorded upon a diary by us, and no sooner are the wants of our patients received, than the answer is dictated, the letter is written out in long-hand, in our own language; hence, we are enabled, with these superior facilities, to treat any number of cases, and to keep up an immense correspondence.

We do know that a correspondence so kept up with patients makes a more favorable impression upon their minds than the practice pursued by the country physician, of simply looking at the tongue, feeling the pulse, leaving a pill and being off; for the patient can read deliberately our views of his case and symptoms, logically and convincingly given, at his leisure; when, as is often the case, he feels a little nervous and uneasy, and more inclined to be in well, as will happen some days, he goes and deliberately reads over and over again our letters of explanation and instruction, he takes fresh courage—it renews him with fresh hopes and aspirations for health and life; he prosecutes the hygiene and gymnasium, and

the medicated bathing, he exercises with renewed courage and determination, and the cure is carried on more effectually, more speedily and permanently than can be accomplished by a physician who personally visits a patient, and only goes through the old-school routine of feeling the pulse, looking at the tongue, and giving a pill.

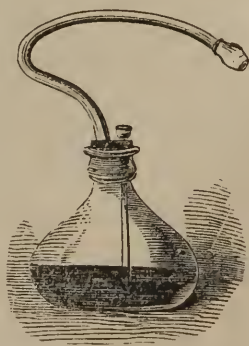
THE HOME TREATMENT OF THE PATIENT LABORING UNDER CONSUMPTION, ASTHMA, DISEASES OF THE THROAT, THE LARYNX, THE BRONCHIAL TUBES, AND ALL AFFECTIONS THAT HAVE THEIR ORIGIN IN THE CHEST.

We are aware that many people have no conception or idea of administering medicines by inhalation or breathing into the lungs; for they are so situated in obscure country places, and have always been accustomed to the simple ways of country practitioners—who do not practice this important system—that they think the process is something that is complicated and necessitates them to come from home to our Institution to adopt it. The process of inhaling the vapors is just as simple, and is adopted with as much facility as taking food or medicine into the stomach. The *Inhaler*, or instrument from which you inhale the vapor, is, as you will see in the cut, very small. A few drops of the liquid are put upon the sponge, the mouth-piece is applied to the lips, and you breathe as naturally as you breathe the air; in fact, you breathe the atmospheric air at the same time in order to carry the vapor into the lungs.



So the *Inhaler* can be taken up as a matter of pleasure and pastime, as well as for curative purposes, often as the patient wishes, at any part of the day, as the inhaling vapors are pleasant and inviting to the taste, instead of being repulsive, as medicines which are given by the stomach generally are.

Again: The *Inhaler* used is so small and convenient that it can be taken in the pocket and carried to the field or the work-shop, or used in a carriage or the cars by that class laboring under Bronchitis or throat diseases, who wish to prosecute the treatment and business at the same time. And here is one of the most striking inducements to adopt our system of treatment: It does not demand any waste or loss of time, unnecessarily. Even where medicines are to go along with the inhaling vapors, they can be taken into the stom-



ach without exciting disgust or nausea—important considerations which we always keep in view in preparing our medicines—and we also give the remedies in such small, concentrated doses that, where medicines are required by those who are traveling, or at work from home, they can be taken with them without inconvenience.

OUR TREATMENT DOES NOT INTERFERE WITH THE VOCATION OR BUSINESS OF THE PATIENT.

And here is another of the remarkable advantages gained by our progressive system.

We have studied for many years to develop the virtues and remedial properties of medicines in a concentrated form, to avoid offending the stomach—to use the language of the late lamented Dr. Mott: “Horse doses of medicines that have so long characterized the old-school system.”

To make our system better appreciated, the victim has only to go back and think of the *bowlfuls* of *salts* and *senna* tea, with which it used to be, and now is, the practice to gorge the stomach; also the *table-spoonful* doses of *jalap* and *calomel*, mixed up with molasses or apple-sauce to mask somewhat its disgusting sight and taste—to disguise it as much as possible to get it into the stomach of the victim without vomiting; in fact, we have, in more instances than one, seen vomiting induced by the mental disgust produced at sight of the dose, before it reached the lips.

In view of this barbarous system, is it any wonder that the patient was invariably made worse by such practice, instead of being made better? What little appetite for food and nourishment remained, was destroyed; he was deprived of all natural relish for food and sense of taste by the nauseous, noxious nature of the remedies he had to swallow. We beg leave to assure you that, on this point, in anticipation of our treatment, we will relieve you of every anxious doubt. As we before suggested, all medicines that we do give by the stomach are made palatable to excite and produce an appetite where it does not exist, and to restore healthy action to the nerves of taste, and a natural relish for food. So truthfully characterized are these advantages in our remedies, that patients frequently tell us that our medicines taste so pleasant they beget a natural longing for them as regularly as they take their meals.

DOMESTIC OR HOME TREATMENT FOR CATARRH AND THROAT DISEASES.

If the patient will read our full section under the head of "Catarrh," he will find how much more favorable than otherwise is the treatment we adopt for the cure of these very general maladies. The application is simply made by snuffing or insufflating the "*liquid*" into the nostrils from the palm of the hand; and for the disease of the throat so low down that the "CATARRH REMEDY" does not reach it, he is furnished with a pleasant, stimulating, healing *throat-wash* or *gargle*, so concentrated from the virtues of specific remedies that it will cure even Quinsy sore-throat and Diphtheria. Enlargement of the tonsils, and elongation of the uvula are at once brought down to a normal state, and ulcers of the throat are healed, and the offensive and noxious secretions—the result of such disease and ulceration—are at once removed and cured without exciting pain or suffering.

DOMESTIC TREATMENT FOR THE VICTIM OF NIGHT-SWEATS, HECTIC FEVER, AND COLD CHILLS.

To arrest at once, and remove all of these debilitating and harassing affections, our treatment is as instantaneous, happy, and complete as the effect of medical inhalation is to relieve a cough.

In every consumptive case, we put up the specific remedies—the Tonic Astringents, the Tonic, Astringent, Medicated Bath, and all other specific remedies that each case requires—with ample and plain directions in both print and writing, for the patient to obtain immediate relief; in fact, we strike here, in these symptoms, at removing first causes *at once*, which, we find, in almost all cases, have been entirely overlooked, or neglected to be mentioned by their attending physician.

In hundreds of cases of our patients, apparently far gone in Consumption—the night-sweats were very debilitating—we found they were caused and kept up by lying on sultry and oppressive July and August nights, upon sweltering feather beds, which heated and relaxed the muscles already made soft and flabby by disease—literally pumping out, as it were, every drop of blood from the veins by inducing secretions of the skin—perspiration.

DOMESTIC OR HOME TREATMENT FOR HEMOPTYSIS, OR HEMORRHAGE OF THE LUNGS.

Here is another feature involving important considerations and many anxieties on the part of the patient at a distance.

As he has already spit blood, or bled from the Lungs before coming under our treatment, he indulges great apprehension, causing much unnecessary mental suffering, and no little physical prostration by constantly fearing the liability to bleed suddenly without immediate personal aid to stop it. This feature of each case we are prepared to meet, always giving the necessary directions, and furnishing the specific remedies in the course of treatment to immediately arrest hemorrhage, and, in fact, prevent further liability to it without any necessity for calling in a physician.

A TROPICAL CLIMATE AND BALMY ATMOSPHERE AT THE WINTER HOME OF THE PATIENT.

A more gloomy and appalling impression can not be made upon the feelings of the Consumptive who has been sustained by his physician through the opening spring, that bloomed so cheerfully and hopefully for others, by the promise that the warm weather would dispel his cough and all his pulmonary affections, than to see that season pass, to see the summer come and go, and the cough, instead of being relieved, becoming more harassing, and as the chill winds and blighting frosts of November develop anew the chills and distressing symptoms that seemed somewhat to abate with the close of the last winter—and he had reposed with full confidence and feelings of safety in the assurance of his physician that all would be well—judge, I say, of his astonishment at the announcement which now comes—from him who had been looked upon as a “priest of the holy flame of life and health,” that his only hope for recovery is in leaving his home, with all its comforts and immunities, bidding farewell, *perhaps forever*, to his friends, and resort to a southern or foreign tropical clime.

This is another of the most unrighteous, unhallowed, and unprincipled make-shifts on the part of country and general practitioners, who know so little of the true pathology—cause and nature—of Pulmonary Consumption, as to conceal their consummate ignorance under the veil of false hopes and assurances of their patient's and patron's recovery—either for the purpose of bringing in a long bill, or because they are so dishonest that they are ashamed to acknowledge

their ignorance ; and now, when they find that their skill is baffled—that they can not longer deceive, and in order to be relieved of the responsibility of having him die on their hands at home, or of making the humiliating confession that Consumption by their imperfect system of treatment is incurable—they send their patient away to languish in a foreign land, deprived of the kind care and nursing he would have received at home, and to have in its place the cold attention of strangers purchased by money ; and then to die “*unwept and unmourned*”—“a stranger in a strange land.”

Expatriation, or change of climate, I condemn, from my own experience in visiting Florida, and which is condemned by the best living physicians—Sir James Clark, physician to Queen Victoria, Sir John Forbes, Dr. Flood, and many other eminent physicians—who have visited Naples, Rome, Jamaica, and other parts of the world, and tested it in their own persons and their patients. They all concur in condemning it.

So far as it is necessary and desirable to mitigate the effects of the hard, harsh, winter climate of our Northern States upon the Lungs and respiratory organs of those laboring under pulmonary affections, our patients are instructed to prepare for themselves, at their homes, the MEDICATED-AIR CHAMBER, a cut of which will be seen. This is advised in all aggravated cases, in addition to the direct inhalation of our medicated vapors with the *Inhaler*, where it is necessary that the air should be kept soft to prevent all further irritation of the delicate air-cells, in order to effectually carry on the process of healing.

To medicate the atmosphere of the chamber or room of the invalid is attended with but trifling expense and without trouble, as the medical agents are diffused in a pan or evaporating dish which sits upon his stove or may be suspended in the fire-place, if the room is warmed by such. In this manner a constant evaporation is kept up so as to saturate the entire atmosphere of his room with the healing, benign influences of the vapor.

He can, under this system, pursue his business, and can enjoy the society of his friends, and all the blessings and privileges of his home, and can read the papers, engage in cheerful conversation, prosecute his intellectual vocations, or every variety of practice or pursuit found necessary for his interest or his comfort, at the same time that he is enjoying this tropical climate in his own home.

What a progressive science, then, is medicine ! He who spends the best years of his life, and exhausts the energies of his constitution in developing means equal to the emergencies and sufferings of his fellow-beings, justly appeals to their confidence.

CHEST-EXPANDER.

In addition to the foregoing most valuable aids for the cure of Pulmonary Consumption, the patient is furnished with a Chest Expander, affording great auxiliary means to his restoration; for, with most all such patients, the chest is naturally narrow and the lungs thin and incapacitated for the performance of their full function of vitalizing the blood; hence the advantages, and, hence, also, the great necessity of gently expanding the lungs by easy, physical, muscular exercises of the arms and chest to cause the patient to breathe deeply into the lungs. This great result is obtained by a simple, philosophical apparatus, which the patient contrives in his room without expense; and during the long winter months it affords him one of the most pleasurable and exhilarating exercises to divert his mind and pass his time agreeably while the curative process is going on.

THE ASCENDING MEDICATED DOUCHE. MEDICATED INJECTIONS
AND SUPPOSITORIES.

In the great catalogue of chronic maladies to which the American people are extremely liable, and which many suffer from for a lifetime, is costiveness, or constipation of the bowels.

Every one knows that, in order to possess health, the function of the bowels should be daily performed. Every one, too, realizes a great indisposition to his health when the bowels do not perform their functions regularly. Of the five great emunctories of the human system, designed to keep the body in health, none are so liable to be deranged in their regular function as the bowels, or alimentary canal. Why this is the case seems to have taxed the acumen and the skill of many of the ablest physicians who have written on the subject. The causes ascribed for it are as vague as their philosophy respecting Tubercular Consumption.

To our mind, the cause is a very simple one. As before suggested, we can not go into detail in this brief work, but when under treatment, we advise the patient clearly of every cause which must be removed in order to get rid of the effect; assuring him here, for his own good, independent of any consideration of pecuniary emolument—for it would be directly opposed to our interest in that respect—that the more he takes pills and physic to get rid of it, the more he would resemble those Pharisees or bigoted Christians who generally have a superabundance of self-righteousness—the larger the stock the worse it works for their welfare and happiness.

These wholesale pill-venders and manufacturers of pills who tell such glowing stories, execute as great a destruction of human life, and as recklessly so, as Napoleon and all those other great generals who have sacrificed their immense armies for ambition—their own aggrandizement or self-interest.

Thousands of poor credulous victims are literally physicked out of the world, because they have constipated bowels, and see nothing beyond the apothecary-shops or a box of pills. They are, like allopathic doctors, continually contending with *effects* without removing the *causes*.

Actuated by the most benevolent motives, to aid that portion of suffering humanity whose situation in life is such as not to allow them to possess a knowledge of the laws that govern function, and save them from all the immediate consequences of constipation, and from doing themselves such great injury by the constant use of pills and drastic purgatives, we offer them the Ascending Douche or hand-pump—the cut of which see on page—

The immediate cause of constipation is a torpor or inaction of the Rectum or lower bowel. So the seat of constipation is within a few inches of the verge of the body. Now, a very little thought or reflection will prove the erroneous and unscientific practice of heaping drastic purgatives, like aloes, gamboge, jalap, senna, salts, rhubarb, and a thousand other such agents into the stomach above, to irritate that organ and the lining membrane and the sensitive nerves that are distributed over some 30 or 35 feet above the seat of difficulty, inflaming and raking up the entire mucus surface of the stomach and lining membranes of the bowels to such an enormous extent.

This should explain to every intelligent reader, who has the least reflection, the awful mischief which is done by such a blind and unscientific practice.

All that is required to produce a natural function of the bowels, in a case of habitual constipation, is to stimulate and dilate the rectum with some mild injection, generally simple coolish or tepid water is all-sufficient; which can be thrown up in one minute with the utmost ease by the victim himself, and the bowel made to act, the contents ejected, and the whole system relieved in less time than it takes to tell the story, without any injury to the constitution, and without any inconvenience whatever. It is one of the greatest aids of art, of a simple device, with such little pecuniary expense, that science has ever invented. And such a Douche as we offer you for the sum of \$10, with careful usage, it being metallic and of durable material, will last you a lifetime; when, on the contrary, we know of many

who have paid from \$50 to \$100, and even \$500, in the course of time for pills and physic; saying nothing of the headaches and the poisonous state of the constitution, by carrying about such effete matter in that body which the Apostle considered worthy to be called the "Temple of the Holy Ghost"—saying nothing of the incapacity for labor or business, the precious hours of life that have been lost, which, otherwise, might have been employed to discipline the mind for nobler and higher efforts in this world, and a commanding position in another, which these bitter consequences have defeated—saying nothing of the "blue-devils," the horrors and despondency which result from this continued, pernicious habit.

For piles, for the morbid sensibility of the nerves of the rectum, for ulcerations and fistula—the sequel of constipation—the Douche is considered a most necessary aid to bring about a cure. For the purpose of removing the grand cause of constipation, or torpid, irregular action of the liver, that important light and information is given to the patient; every individual, immediate, or internal predisposing cause is clearly pointed out to him, to be scrupulously avoided in the future, while our vitalizing medicinal agents are given to again establish a healthy action in the liver above, and cleanse the fountain; and in a little time, under our treatment, the patient finds no trouble in having his bowels moved at the proper time, daily, without the aid of the Douche or medicines; and an observance of the laws of Hygiene, which we have pointed out, insures him a continued safeguard against it his life long.

We shall name here the great advantages and superior claims that our Douche has for various other important purposes; namely, because it also combines the advantages of making medical applications to other concomitant diseases which are so very common. By that, we mean Prolapsus Uteri, or falling of the womb; Leucorrhea, or catarrhal effusions and morbid discharges from the womb; ulcerations of the Vagina and the neck of the bladder, in females.

Now, the only true philosophy to be adopted, successfully and practically to cure such diseases, is on the same principle as applying medication in the shape of inhaling vapors to the lungs. The lungs are isolated from the stomach; hence the absurdity of throwing medicines into the stomach, which was designed for food and nutrition alone, for the purpose of mitigating and curing disease of the air-cells, which are breathing organs, only. So, in the case of local female weaknesses and diseases, must the medication and treatment be applied to be effectual.

The habit and system of practice that has been so long, and is

now, so much in vogue, of putting medicines into the stomach to elevate the Uterus—being poised in the Vagina—would tax more than the brightest genius to conceive how it could be done. The organ is dislocated like the ankle or shoulder-joint. What would you think of a surgeon, who, when you sent for him to come and replace an ankle that had been dislocated, should spend the time so uselessly as to allow the patient to suffer excruciating agony, while he put several doses of drastic medicines into the stomach with the idea of putting the joint back to its socket? But such is the practice of the large mass of physicians, absurd and proposterous as it is in its nature.

Our treatment, for restoring *Prolapsus Uteri*, and correcting all the complications attending these organs, is so successful and so well perfected in its system, and easy of application, that the patient takes the remedies at her home, and cures herself soundly in a few months without the aid of a second person, and with but little, if any trouble or loss of time.

What a noble science and study is medicine to the enterprising and intelligent physician who sees life and human health in the great organic laws and principles which must be studied to be understood! and when understood, he perceives at a glance that all disease is want of harmony—the misuse of those laws that govern the organism, that so perverts the function as to cause ill health and the consequent suffering. To him, the cure must consist in selecting with great judgment and discrimination the right agents for each sufferer, to restore the member to a normal condition, and establish the vital harmony. “Verily, he studied from the life, and in the original, perused mankind.”

THE HYGIENE FOR THE HOME TREATMENT OF THE PATIENT:
THE GREAT SECRET OF OUR SUCCESS.

We need not dwell at any great length to have our patients and numerous applicants for treatment to understand why the old-school system of practice has ever been one of great uncertainty, alluring its victims with false and blighting hopes of cure. It is this:

Their prescriptions have ever been made without recognizing the omnipotent laws of Health, which ever take precedence of the feeble aids of art; namely, Hygiene—meaning the absolute laws of health.

When we calmly and rationally look back from the present standpoint of progressive medicine, in the light which modern science has developed, and witness the perfect jargon of theories which have been taught in the medical schools for centuries, and the thousands and thousands of contradictory volumes, how to cure such and such

diseases by just such medicines—many of the prescriptions recorded in the books, were they but read now in the hearing of a rational person or the patient, would excite intense disgust from their loathsome filthiness—I repeat, when we witness these abominable practices, is it not sufficient to cause every sensitive and delicate person to shudder and stand aghast?

Within the present century—even within the last ten years—have some physicians made themselves notorious by prescribing *excrement* as a specific for Consumption!

Does the reader doubt this? Let him turn to the excellent volume of valuable clinical lectures delivered at St. Mary's Hospital, in London, by the eminent Dr. Chambers in 1864.

It is a humiliating fact that there is not a chair or professorship in one of the Medical Colleges in the United States for the purpose of disseminating a knowledge of HYGIENE! but there *are* schools for promulgating different doctrines, views, or opinions about diseases, as you see evidenced every day in the books and in the papers respecting cholera, diphtheria, putrid sore-throat, or those which travel as epidemics, and have their seat or origin in atmospheric causes, and are governed by laws as absolute as those which move the planets in their orbits. Instead of your learned physicians and professors investigating and developing the laws by which cholera and such epidemic diseases are governed, they are occupied continually in promulgating vague theories and making prescriptions for manifestations and symptoms only.

Is it to be wondered at, then, that, when one of these epidemics sweeps like a tornado over the globe, bearing death and dismay in its track, it laughs to scorn the effeminacy and inefficiency of all their efforts?

Let our readers and our patients understand, then, clearly and distinctly, as the first starting-point to obtain success, that they must consult and reverence the omnipotent laws that govern their physical organism. Upon this platform we base our hopes of success in treating you; and though we have every confidence in the efficiency of our remedies, they must be administered in perfect harmony with these laws, to which we bow in reverence and in humility.

To make the idea clear and distinct for the comprehension of our readers and patients, we shall ask the question: What good would obtain for us to administer medicines to relieve effects if first causes are not continually looked to? We endeavor to cure a disordered state of the blood, which is being contaminated—in 49 cases out of every 50—by the patient confining himself, every night, in a small—

perhaps 7 by 9—sleeping-room, without one breath of pure air through it to carry off the noxious exhalations, or deadly carbonic-acid gas which is continually being exhaled from his lungs.

Here, then, is the first law of human life and human existence. Let it sink deep into the tablet of your memory.

To make it clear, I will again ask you the question, What is that which we demand at birth, which constitutes our life, and the last thing for which we die? Is it not *air*—PURE AIR?

Will you understand, then, that we can not cure you of Consumption, or any other disease of the lungs, or aggravated disease under which any other organ may be laboring, until you comply with this first great law of your physical organism; namely, *ventilation and pure air*? You can easily do this by obtaining our large volume, and reading the two valuable sections it contains, at full length, on this subject.

THE SECOND GREAT LAW OF HYGIENE.

Allow me, then, to come to the second great law of the physical organism, and which you are so recklessly violating every hour of your being; especially so must you have done to produce Scrofula and Pulmonary Consumption.

Well, what is that second great law of Hygiene? IT IS THE LAW OF TEMPERATURE.

But yesterday, a gentleman came with his wife, a distance of some three hundred miles for our advice and treatment in her case. It was a cold January day, the thermometer standing 10° below zero. The case was one of incipient Tubercular Consumption; in other words, the lungs were well studded with tubercles in minute particles, resembling millet-seeds—the first stage. But judge of our surprise! she had on no woolen undergarments to protect her frail body; her feet—lower extremities—were covered by thin cotton stockings and prunella shoes; her arms more gaudily attired in accordance with the tyrannical law of fashion which seeks to subvert the omnipotent law, with loose sleeves and bare exposure of the arms; the temperature of the body, or extremities, at least, as cold as the FINGER OF DEATH; blood but little better than water, divested of vital principles, chilled almost stagnant in the veins, and driven from the surface and the extremities, by her reckless exposure to cold, becoming more stagnant—congesting in the lungs—the cause of tuberculization.

Well, let the *interested*, and the invalid or patient pause here with me but a few moments for a little calm, common-sense reflection.

Can human beings live and bid defiance to the laws of omnipotent wisdom? How long will they seek to legislate God Almighty off his throne? When will your eyes be opened? When will you learn wisdom to bow in humility to his laws, and seek with the same humility of soul to develop character enough to bid defiance to the tyrannical laws of fashion?

What would be thought by females of men if they should be seen through the cold winter exposed to all the inclemencies of our climate in the snow, wet or mud, or on the cold pavements, clad in thin cotton stockings and prunella shoes? They would deem *THEM*, and very justly so, fit subjects for an insane asylum. Well then, does God make a special law to exempt the female sex? The melancholy ravages of disease and early sacrifice of life with them conclusively answer the question.

Will our patients, then, understand by this that it is a definition of the second great Hygienic law of their being; namely, the *LAW OF VITAL TEMPERATURE*?

THE THIRD GREAT HYGIENIC LAW.

This law comprises food and nutrition; in knowing what to eat, and how and when to eat it; for, as it is suggested in the section under the head of Dyspeptic Consumption that Consumption, with all its forms and with many other kindred diseases, often proceeds from errors of diet and imprudences in eating, so, to know what to eat—that which is the most healthy, the most nutritious, easiest of digestion and assimilation, and the best calculated to nourish and repair the waste that is constantly going on, and build up the system—forms the main foundation upon which to rear our hopes of permanent cure.

Before ulcers and caverns in the lungs can be healed, or a destruction of tissue or structure in any part of the body can be supplied and restored, the material must be furnished in the blood; and, in order to make blood, comprising the normal elements to fulfill that grand intention, such food and nutrition as the stomach of each individual is capable of digesting and assimilating must be pointed out by the physician. We therefore look with as much anxiety, solicitude and caution to the *ingesta*, or food, of our patients, as we do to the medical prescriptions.

THE FOURTH GREAT LAW OF HYGIENE COMPRISES SLEEP AND REST.

A judicious regard should be paid to the selection of proper time or hours that ought to be devoted to sleep, which restores the recuperative energies of the system more than double that quantity taken at unseasonable and unnatural times. The Americans, as a nation, have almost abrogated the law in regard to the hours or time that should be devoted to sleep. Hence, it tells upon the constitution in the national, as well as the individual decay. The fearful marks of early decrepitude, the lack of vital stamina, is depicted in the countenance and constitution of the young wherever you go, and on every side; especially in populous towns and cities, where day is literally turned into night and night into day.

THE FIFTH GREAT LAW OF HYGIENE.

This law comprises exercise, bathing or ablution, or that due attention necessary to be paid to establish or keep up a healthy function of the skin.

By bathing, we would not have our patients nor the invalid to think we mean the Hydropathic system that erroneously and foolishly captivated the minds of that class who are always fond of innovation or something that is new. They catch at an idea and run it to the utmost extreme. Whatever good it may contain is entirely overlooked in the excitement which some minds always crave for their support or sustenance. They rush into every thing with a wild enthusiasm so long as it is new; but as soon as the excitement is over, it is abandoned entirely, and then the reaction takes place; but reason and reflection often come too late to repair the mischief they have done themselves by the indiscriminate use of cold water, regardless of the condition of the invalid.

What we mean to adapt to our patients as an absolute law of Hygiene, is no more than the judicious selection of water or a medicated bath for the purpose of healthy cleanliness, which is next to godliness, and for the maintenance of a healthy function of the cutaneous nerves—the nerves of the surface.

We advise the *Medicated Bath* because it comprises that which is designed to stimulate and nourish and sustain the drooping energies of our patient, or to check and stop at once those colliquative night-sweats which are fast carrying his frail body to the tomb.

We believe in a judicious selection of every hygienic or medical agent, adapting them with nice discrimination to suit the needs of each case or persons at the time the prescription is made; for, no

sooner is any one great agent, however necessary and natural to the constitution to sustain life and health, carried into an abuse, like the Hydropathic system of cold-water treatment when applied with a rush, with an insanity, because it was new, than the saddest results follow, and, instead of becoming *water-cures*, they become *water-kills*.

We throw out here, in this brief work, those judicious hints which are calculated to embody some important cautions for the casual reader to adopt, that he may be saved from the rashness of adopting any such practice on his own responsibility.

To come back to the agent of exercise—especially passive exercise on *horseback* or in the carriage, or when that can not be obtained, a judicious adaptation of gymnastic exercises embodying health. Physical training is always pointed out most clearly to our patients—we place great reliance upon it as an auxiliary to carry on and complete the cure.

In a word, we leave no stone unturned, nothing forgotten that we can advise or think of to suggest all means and facilities that shall make our patients comfortable; to relieve the tedium of their lonely hour; to dispel the cheerless nights of restlessness which they had before too long experienced; to mitigate their distressing symptoms, and to bring their condition from one of a suffering nature back to a healthy one; to prolong life and make it hopeful and happy.

In view of all these superior claims, and many others that we can not mention here, which our progressive system has developed, and which we offer the invalid and the suffering in all parts of the world, over and above, and far in advance of any thing that he can find in the retired rural districts.

Before closing, in order to have you understand, clearly and distinctly, how much more rationally and consistently, and in accord with nature and the constitution is our system of treatment than the old-school system, we would here briefly state the principles of our practice:

DR. STONE'S ELECTRO-VITAL SYSTEM.

First: Medicines, to aid the system to resist and throw off disease, must act in harmony with the electro-vital principles of the constitution; that is, they must impart electricity to the brain and nervous system.

Second: They must restore to the blood such vital elements as the blood is deficient in, in order to establish the phenomena of health and physical strength.

Third: The equipoise or equilibrium of the various functions of the body is maintained by two opposite forces—POSITIVE AND NEGATIVE ELECTRICITY.

Fourth: The normal condition of the blood, to generate and support the current of electricity or nerve fluid, consists in a due proportion of two fluids; namely, ACID AND ALKALINE.

When the acid principle in the blood predominates, it will immediately cause derangement to the general health, manifested in skin diseases, cutaneous, scaly eruptions, boils, cracked hands, accumulation of dry matter in the scalp, or scabs, rheumatic or neuralgic pains, thirst or febrile affections of the brain; when the determination is internal, fluxes; as, diarrhea, bloody dysenteries, catarrhal inflammation and mucous discharges from various parts of the body, and a thousand other anomalous forms of diseased action, become manifested.

The appearance of the urine, where the acid principle is predominant in the blood, is dark or high-colored, and deposits a pink or reddish sediment, and often an amorphous mass of thick muddy sediments, where the disturbance is great. This condition of the blood, when aggravated, will also give rise to the concomitant affections of pain in the loins, the back, and in the kidneys.

When the alkaline principle preponderates largely in the blood, prostration of the nerve forces and vital energies are immediately manifested in languor, lassitude, general nervous and physical debility, tremor, palpitation, imperfect digestion and assimilation, obstruction in the secretion of bile, labored and oppressed breathing, inability to fill and expand the lungs, attended with disturbance of the mental faculties, an exertion to think, almost inability to remember, great confusion of ideas, pale lips and pallid countenance.

In this alkaline condition of the blood, the urine, for the most part, will look white or milky, pale and destitute of coloring matter.

Fifth: In presenting such a perfect harmonious system to your claims, the result of profound application, and possessing a knowledge of the laws that govern human health, you will not fail to perceive that medicine, under such conditions, becomes a scientific certainty; it is no longer a "shooting in the dark;" it is not a hap-hazard, indiscriminate jumbling together a mass of opposite substances or poisons into the human stomach, and left, as it were, for that organ to select and be the intelligence to properly adjust each particle and element to the blood, or in the proper order: this never can be the case; for the stomach and human system in that respect must be ever a passive agent, and be controlled by the intelligence outside.

Under such a system, calculations of a cure can be estimated and obtained with as much permanency and certainty as a mathematical problem.

All that we require then of you, in order to thoroughly understand your case, and comprehend the nature of the treatment demanded, is for you to answer the questions annexed, or such as touch your case, clearly and honestly.

PERSONAL CONSULTATIONS AT THE INSTITUTION.

There are those who are willing and have the means to do so, to make any pecuniary sacrifice to be cured. Such are anxious to see us personally, and have a thorough personal investigation of their cases. We admit that, in many instances, there is much advantage in a personal examination—in solitary instances it becomes absolutely necessary. In doing this, the double Stethoscope is brought to our aid, and we can readily determine the extent of mischief in the lungs and air-passages by the abnormal sounds which indicate a dry or moist inflammation, ulceration or caverns, or the extent of tubercular deposit; and this with percussion, mensuration or measurement, and a personal, physical inspection of the chest and its conformation and mobility, and the testing of the vital capacity with the Pulmometer, all tend to enable us to fathom the extent, and determine the true condition of the case, and pronounce the prognosis of cure at once.

The Institution has superior accommodations with large and well-furnished apartments for boarding those who absolutely require local treatment for the cure of deep-seated ulcerations of the throat, and in any case where institutional treatment is necessary. Our facilities for the treatment of female weaknesses and diseases also are unsurpassed. This department is under the direct supervision of Mrs. Dr. Stone—the Matron of the Institution.

CAUTIONS TO PATIENTS AFFECTED WITH PULMONARY COMPLAINTS AGAINST GOING OUT IN VERY COLD WEATHER.

It is highly necessary that we caution victims in such dangerous maladies in regard to venturing out long distances from home in severe cold winter weather, or when the weather is liable to extreme changes. We do this because we have noticed many melancholy results of such patients recklessly exposing themselves, and going long distances for the purpose of seeing us personally; by such means, producing immediate congestion, by driving the blood from the surface and the extremities, there not being sufficient inherent vitality in the sys-

tem to produce reaction; hence, some have died almost instantaneously, away from home.

Those patients who endeavor to come a distance to consult us personally, should select a time when the atmosphere is temperate and mild, and the weather appears to be settled. They should be prepared against any emergency of the journey with extra garments and facilities to guard against *any* liability whatever to suffer from cold extremities, or from draughts of air, or from the exposure to which they will necessarily be subjected in traveling from the house to the cars, and from the cars to the hotel.

There are other serious liabilities; as that of their being put into damp beds which have not been occupied for a long time, and perhaps the clothing is damp or chilly from absorption of the atmosphere. Many invalids are hastened to the grave by such exposure. Every such invalid, traveling from home to, or returning from our Institution, should take every precaution; he should exercise sufficient decision of character, wherever he is, to command the conditions to suit his delicate state of health.

CAUTIONS AGAINST TRAVELING IN THE CARS IN VERY DUSTY, DRY SUMMER WEATHER.

We have known many patients to be thrown into hemorrhage, or bleeding at the lungs, by traveling in the cars to visit us when it was extremely dusty. Such victims should never expose themselves to ride in the cars, or in vehicles on ordinary roads, even, to any extent; and where you contemplate a journey of this nature, you should wait until after a rain, and then immediately take the cars and prosecute the journey before it becomes dry and dusty. The sharp gritty dust which is produced by the locomotive and the cars becomes seriously irritating to the lungs and the air-passages, and does ten times more mischief than all medical treatment can correct.

Our charges for a full three months' course of treatment for the lungs and respiratory organs, for the blood, the stomach, the liver, and deranged digestive functions generally, including the specific kidney remedies, is \$35. This includes the inhaler and inhaling vapors; but for the first month, if the patient wishes to pay in installments—\$15 only; if the remaining \$20 is paid at the end of the first month, he secures the whole course at the price named.

There are cases so very complicated—of such long-standing—where the blood and constitution are so seriously deranged requiring additional treatment, and very expensive remedies—the charge in such cases is additional.

We furnish treatment in other cases, where the inhaling vapors and such expensive remedies are not required, at proportional rates, putting up \$5, \$6, \$8, and \$10 packages of liver and kidney remedies, or blood remedies, as each case requires, with necessary advice. During a course of treatment, a correspondence is continually kept up with the patient, he keeping us advised of symptoms and the progress of cure, and we furnish him all the remedies and advice required to complete the cure.

QUESTIONS.



1. Give your name. Age.
2. Give your Post-Office Address, County, and State.
3. Give your nearest Express-Office.
4. Where were you born? In America or where?
5. What is your occupation?
6. Are you single or married?
7. What is your height?
8. What is your weight now? What was it at the time your sickness commenced?
9. State the color of your hair, to determine temperament. When convenient, send a small photograph: it is a great guide to me.
10. Do you inherit scrofulous, consumptive diseases on either side of your parents?
11. Do you inherit Cancer or other malignant disease? Or Insanity?
12. Are you of slender or broad figure? Spare in flesh or well developed?
13. Have you a stooping or erect gait?
14. What is the measure all around your chest, from under the arms?
15. Is your chest full, or contracted and flat?
16. What is the color of your eyes, and complexion?
17. Have you lost either of your parents, or grandparents with Consumption or any other malignant diseases?
18. To what diseases is your family most subject; Asthma, Short breathing, Palpitation, Humor, Scrofula, Salt Rheum, Skin diseases of any kind, Dropsy, Headaches, Rheumatic or Neuralgic pains, or Dyspepsia?
19. Are you troubled with enlarged tonsils? Sore throat, or Catarrh of the Head, or Nostrils?
20. Have you a cough? If so, is it dry or moist? attended with

expectoration or raising of matter? Or, are you given to *hem*, or clearing the throat?

21. Is the Uvula or Palate elongated?

22. Have you a weak voice? Hoarseness, or loss of voice?

23. How long has your cough continued, if at all?

24. Have you ever raised blood? If so, how? And what quantity?

25. Can you lie or sleep on either side with freedom of breathing and without uneasiness?

26. Does it pain you to take a long deep breath to fill the lungs?

27. Have you daily chills, or fever, or night-sweats? If so, when do they occur?

28. Are you confined to your bed, or the house? If so, how much?

29. Are you really able by an effort to go out?

30. Have you Dyspepsia, or distress at the stomach after eating? Or sour stomach? Or attended with belching of gas?

31. Have you palpitation or uneasiness at the heart?

32. Do you get numb, or subject to stoppage of circulation?

33. Are you subject to nightmare, or bad dreams?

34. How is your appetite, good, bad, or craving?

35. Does your food sicken you, or cause vomiting?

36. Do you eat fast, or slow?

37. Have you a faint sunken feeling at the stomach? Or an exhausted feeling in the chest?

38. Are your bowels regular or costive? Or subject to diarrhea?

39. Are you subject to piles? Blind, or bleeding? Or Fistula? Or weak back, or pain in the loins?

40. Have you rupture?

41. Are you subject to worms? Pin worm or Tape worm?

42. Is your urine excessive in quantity?

43. Do you have frequent desire to urinate?

44. Is the urine cloudy, or white, or milky?

45. Does it seald, or irritate you?

46. Does the urine deposit brickdust, or pink, or white sediments in the bottom of the vessel or vial?

[Where the urine is not sent for analysis, it should be put into a bottle, and allowed to settle, to obtain the requisite information. That first passed in the morning should be used.]

47. Do you have pain in the small of the back? Or region of the kidneys?

48. What is the condition of your skin? Dry, moist, rough, or otherwise?

49. Are you in the habit of bathing?
50. Are you subject to cold feet, Or extremities?
51. Are you given to habits of drinking? The use of tobacco, either smoking, chewing, or snuffing, Or other pernicious habits?
52. To what cause do you ascribe the loss of your health?
53. Have you ever used Calomel, Mercury, or mineral medicines?
54. Are you subject to depression of spirits, or despondency of mind?
55. Are you passionate or emotional in your nature?
56. In taking medicines, do pills excite disgust?

FOR LADIES ONLY.

57. Are you regular or irregular in your monthly periods? Are they scanty, profuse, or suppressed? At such times, have you nervous or sick headaches? Are they attended with pain in the abdomen or back?
58. Are you troubled with whites, or catarrh of the womb?
59. Have you a sense of weight or a bearing down in the abdomen?
60. Are you troubled in the side or back? Or have you a weak back?
61. Are you a mother? If so, of how many children?
62. Of how many children have you had miscarriages? If so, what was the cause?
63. Have you got up well after confinement? Or otherwise?
64. What is your physical condition now?

[All other symptoms that indicate local disease or suffering should be clearly and unreservedly named.]

First Section.

INDUCEMENTS FOR MAKING CONSUMPTION AND PULMONARY DISEASES A SPECIALTY.

PERSONAL CONSIDERATIONS FOR THE SPECIAL BENEFIT OF INVALIDS,
OR THE HUMANE INQUIRER AFTER TRUTH.

THE Author of this brief work, inherited by parentage, paternal and maternal, two of the most fatal forms of Consumption; namely, on his mother's side Tubercular Consumption, and on the side of his father, that form of Consumption in which the blood has a tendency to become watery, poor, and vitiated, with a constant liability to dropsical effusions to any part of the body, but especially to the chest, known as Hydro-Thorax, or Dropsy of the Chest.

His mother, when thirty years of age, was prostrated extremely low with Tubercular Consumption. She bled extensively at the lungs, had a severe cough, hectic fever, night-sweats, and all the aggravated symptoms that attend Pulmonary Consumption. She was confined to her bed for a long time, and given up to die; from some mysterious and hidden cause, she recovered entirely, when all medical treatment had failed, and the best counsel of those days had consigned her to the tomb.

After this, she enjoyed good health, became robust, did an abundance of hard work, and lived in the enjoyment of good health, free from any Pulmonary symptoms, until her sixty-eighth year.

At the age of nine or ten years, the Author—an unusually ambitious youth—was devoted to severe physical labor, assisting his father in various mechanical and manufacturing interests. Without being restrained by any prudent caution from his parents, he severely overtaxed his physical frame, strained his chest, and ruptured a blood-vessel in the lungs at eleven years of age. This, at

first induced vomiting of blood, the hemorrhage was so great. He was at once prostrated and confined to his bed for thirteen long weeks, attended with slow fever, and entire loss of appetite; to both of which, he can now look back and see that they were induced more by the barbarous and incorrect treatment of his medical attendants, than by the wound itself. He was so extremely debilitated, and so low, that, for several consecutive days, he did not speak a loud word.

After lying in this extreme condition for a long time, with a counsel of three physicians, who administered every thing their judgment devised, they gave him up to die, and abandoned the case to the kind care and nursing of his mother. She, at this extreme period, conceived the idea, that, if an appetite for nourishment could be obtained, recovery might take place, and attempted, entirely upon her own responsibility, to administer a mild emetic, in a cautious manner, which resulted harmoniously with her grand conception, and produced at once, a relish for food. Food, and very nutritive aliment, that had produced extreme disgust for long months before, were now taken with a perfect zest, and his appetite became so clamorous that he could scarcely be restrained, under the childish weakness which such long sickness and prostration had induced.

Suffice it to say, that his convalescence was rapid, his emaciated and skeleton form began once more to assume proportions, and to put on tissue; the arteries and blood-vessels were once more filled with the vital fluid, which went bounding through the system, giving pulsation and activity to a heart that had long lain almost paralyzed and dormant. The hue of health again returned to his cheek, the lips assumed a florid cast, the eyes, that had been so long dimmed, now became brilliant with lustre. The limbs that had almost lost their power of motion, regained strength to move, and gave pleasure and buoyancy to life by agreeable exercise. In going once more into the out-door world, from which he had been so long excluded, his joy and happiness knew no bounds. It seemed to be a new world, filled with every thing inviting. To hear the carols of the birds, and witness their activity and merriment, inspired new life. The verdure of the spring, the opening buds upon every shrub, the green leaves, the sprouting corn, the genial sun, all combined to inspire new life, and the balmy atmosphere was breathed with a relish and animation, that life never before possessed.

Not wishing the reader to lose the great point of interest in giving this brief personal narrative, we shall here ask his attention, as we pass along, for fear it will be overlooked. He was greeted on every

side by friends and neighbors and playmates, congratulating him on his unexpected recovery; and those *eminent* (?) *Æsculapians*, who had hopelessly abandoned him to his fate some months before, called with great interest to learn if it was really so that recovery had taken place. It seemed to them to be a miracle; and now, when the Author looks back from the present stand-point, amid the great developments that time and the progress of medical science have made, he does not wonder that they considered it a miracle. Then, they were so *sublimely* ignorant of the nature of their art, that they could not see that life and health possessed a more intrinsic, healing, powerful balm to sustain vitality, than all their noxious, poisonous drugs, which they had so lavishly heaped into his stomach.

The fact that we wish the reader to keep in mind as he passes along, and of which we aim to make use practically, hereafter, for his good, and for suffering humanity for all time to come, is this: *Life and health are possessed inherently in organic law, and not in noxious drugs and medicines, as people were then, and are now educated to believe*; and to *impress* this fact—that my recovery from Consumption, which was considered inevitably fatal, was accomplished by virtue of the absolute laws of life and health, in spite of the great prostration, debility, and physical suffering produced by the barbarous system of drug-giving.

We mention it here, to prove the important fact, that Tubercular, Pulmonary Consumption is just as curable as any other of the diseases that ever occur, or to which the system is liable, when kept free from the noxious and poisonous system of Allopathic treatment that has submerged humanity, for centuries before the Christian Era, in untold sufferings and premature death, and which is carried to an awful extent at the present day, among the bigoted and self-conceited of the faculty of the medical schools, who remain enthralled by their conservative, tyrannical, man-made creeds and laws, which can not be fathomed by human wisdom or human ingenuity; the immensity of which will only be realized when, in that future day, the great books that John the Divine saw in the isle of PATMOS, and so clearly described, shall be opened, and every man's motives and conduct shall be revealed.

But to prosecute further the thread of this narrative. It seems to be a wise order in the arrangement and economy of Omnipotent Wisdom, that the noblest and most useful purposes can be developed only in the face of great opposition or untoward circumstances; knowledge, the most precious, comes from circumstances the most appalling. The writer, then, could not but look back from this

stand-point in the progress of his eventful life, and perceive, as he sincerely believes to be the case, the hand of Omnipotent Wisdom depicted during this period of physical suffering. Every intelligent reader of the history of the events of the world, knows that every important discovery that has been made, or truth that has been first promulgated to the world, has ever subjected its Author to the severest persecution and tyrannical hardship; and in other days even to martyrdom itself. This same fact is equally true in the department of medicine—the healing art—as in other sciences, or the Christian religion itself. Another fact not to be lost sight of—that all the promulgators of a great truth, a great light, or an important development, have been taken from the humblest spheres of life. JESUS himself was a lonely Nazarene, and had the honor of being cradled in a manger. GALILEO and COPERNICUS met with their share of bitter persecution and banishment. MICHAEL SERVETUS, who first discovered and promulgated a correct knowledge in relation to the circulation of the blood, the function of the heart and its vital structure, suffered martyrdom at the hands of that cruel theological tyrant, JOHN CALVIN, who boasted in after years, “I stilled SERVETUS, that barking dog!” Yes, he possessed that savage destructiveness to immolate him on a fire made of green fagots to prolong his physical misery as a reward for the moral courage of his discovery.*

The Author, then, feels unbounded gratitude to his Supreme Maker for being possessed of sufficient moral stamina to withstand and bear up under the most writhing and cruel persecutions and slander, from his fellow practitioners. He would be willing to covet, did it not honestly belong to him; for he conceives that there must be something as a stimulus for great moral effort beyond the paltry consideration of the “almighty dollar.”

What greater consideration,—what greater prize opens to the view in the life and pilgrimage of one who feels and knows that his mission is to suffering humanity; to one tried by the ordeal of prolonged physical suffering, who has endured almost every pang, and has

* If the reader wishes to pursue this subject further, he will read of the development of Steamboats, Railroads, Electricity, and the thousand other inventions which have been brought to successful application, only through the most strenuous opposition of a fanaticism, that decries all innovation and improvement. This fact is still further illustrated in the case of HARVEY, who carried SERVETUS' discovery to greater perfection, and met with such opposition and persecution from his brethren, that he lost all his practice. But consider the operation of this law: his very opposers and persecutors subsequently claimed the credit that belonged to HARVEY alone.

kept up, as it were, a running fight with death itself for fifty years, and yet sustains himself in the body, when Father, two sisters, and an only brother—all of his family—have been laid low by this fell destroyer?—So conscious is the Author that his mission is to promulgate and establish correct views in relation to the curability of Consumption, though every form of envy, slander and persecution that human ingenuity can devise, are promulgated against him in Troy, where he and his Institution now are.

His claims for meritorious success, extending, as they do, over the entire United States and even the Isles of the ocean, hundreds of interested sufferers, hearing of these newly developed doctrines and wonderful cases of cures, under much skepticism and their old influences, are led to write thousands of letters annually to the citizens of Troy, inquiring after our merits; and hundreds, of whom we have been made aware, who, from long distances have attempted to visit us personally, after arriving in Troy, and casually, as it were, inquiring for us and our Institution, have been turned away, not possessing sufficient moral courage, after the slander they have heard, even to call upon us. This shows the humiliating, and, to the sufferer, unfortunate fact, that the large mass of mankind possesses so little character of their own, and so little knowledge of human nature, not to know that it is the same now as in the days of JESUS; and that mankind are governed and guided by the same selfish and sordid motives, now as then; and that they do not realize that the same truth holds equally as applicable now, as in the days of the Saviour, verifying his assertion that "A prophet is not without honor save in his own country;" and that, though the claims of JESUS were so extensive throughout the whole of JUDEA, and his marvelous works created such a wide sensation as to be everywhere spoken of and admitted, when he went home to Nazareth, his power for the performances of miracle ceased, for the want of faith among those who had known him to be the Carpenter's son. And, in Troy, more human ingenuity, as it were, is taxed to invent falsehoods and slander, of the most obscene and degrading nature, to promulgate about us, to prevent us from obtaining patients, and the credit that we deserve for our great cures. This name of humbug and robbery is sounded broadcast.

In reply to this, to correctly enlighten the minds of that portion of humanity who are interested to understand the perversity of mankind, the dishonesty of life, the chicanery that is practiced in the various departments of business that springs from opposition or rivalry, we wish to convey the important idea and fact, that no such

system of persecution and slander can be got up and carried on on a large scale, unless the victim of their envy possesses some meritorious qualities or is an humble agent in the hands of Providence for the purpose of disseminating and establishing some important truth or fact which they can not gainsay. It is a homely but true adage that "those trees that bear no fruit are not stoned." "Birds always peck at the sweetest fruit."

But let us repeat: we wish to impress the important truth indelibly upon the tablet of your mind, that, if there was no merit, or no jewel for contention, there would be no room for envy or persecution; and an error not noticed, dies of itself, for want of succor and support. A spark not blown will instantly expire.

A momentous truth should be sufficient to sustain the humble persecuted, knowing that there is something in the nature of moral truth that never can expire. Sustained by the inexorable laws of OMNIPOTENCE, its progress is onward—it outrides all opposition, and, in the end, silences the persecutors themselves.

How long have you been in Troy? Where did you come from? Where did you practice before you came to Troy?—are questions asked every day. Undoubtedly, a satisfactory answer to these and other questions would relieve the minds of many who are interested—physically so—in our claims; because, as we have suggested before, the mass of people do not stop to inquire or think for themselves: the same holds good in relation to their lives as to their other interests; and, therefore, they look no deeper than the surface of things, but conclude that one's residence or stopping-place, or whereabouts has to do, or to sway, or to decide great and eternal principles. Intelligence, merit, worth, are claims which have to be developed in every man's brain by his own exertions and industry. The sick, the suffering, the consumptive, the invalid look at intelligence as a commodity that can be bought or sold for a little paltry gold; but God, in His all-pervading wisdom, has so devised that all must be the Architects to develop their own talents. The schemes of every one, in this respect, are, emphatically, the same. The laws that govern human intelligence, the development of human wisdom, the acquirements of human knowledge, are the same that govern human health and life. They are the same in every part of the globe.

It would be a libel upon OMNIPOTENCE himself, to publish the idea that the conditions for human health or intellectual development are not the same for the poor as for the rich!—for the plebeian as for the patrician!—for the down-trodden African, as for the proud Anglo-Saxon!

Such ideas were suitable when, in the darker ages of the world, priest-craft and bigotry swayed the human mind, and tyranny governed empires, usurping the government of wisdom and equal justice.

The era has dawned when men are beginning to think for themselves; and he, who will not think or inquire for himself, but will pin his faith or modes of belief upon another, who perchance, in ninety-nine cases in one hundred, is a dishonest scoundrel at heart, or a tyrant in his earthly possessions, will be held in contempt for not possessing the dignity, as he does the image, of man, and will bring upon himself the suffering and humiliation that a lack of character and self-decision always does and always will do. In the language of SIR HENRY DRUMMOND, "*He, who will not reason, is a bigot; he, who can not reason, is a fool; he, who dares not reason, is a slave.*"

But, we will not break the thread of this interesting narrative here, and leave the reader in the suspense and anxiety of uncertain anticipation.

We came to Troy in the summer of 1856, leaving our office in Broadway, New-York, where we had been making Pulmonary and Throat diseases a specialty, as we now do. But in the extensive scope of our practice, we had been several times called to Providence, in Rhode Island, Bristol, and several other places on the sea-board, to gratify, and prescribe for, a large number of applicants in Consumption.

The field for Consumption on the Eastern seaboard is immense. Our new views, and new system of practice by *medicated inhalation*, and the success attending it had preceded us, similarly to the fame of the Saviour, where'er we went. We were thronged and overtaxed with labor; the hard climate, and bracing salt-water air of Providence did not agree with our delicate constitution and *phthysical* inherited disposition.

In our second visit, we were suddenly, and seriously attacked with a Pleurisy on the right side, which prostrated us in the midst of a course of lectures, which we were then delivering. From this Phthysical attack, nervous spasmodic asthma in its utmost rigor, developed itself.

As soon as we became convalescent and able to ride, we again returned to our office in New-York, and recovered—after several relapses from Fever and Ague, a disposition to which we obtained during a nine years' residence and extensive practice in Illinois, from 1838 to 1847.

After our recovery from this first attack in Providence, we were

again induced to visit that city, to satisfy the importunities of many of our patients, and many others who wished to consult us. We had not been there long before this hard climate, combined with the fatiguing exertions to which our practice subjected us, produced another most violent attack of Pleurisy on the left side. We contended successfully for two or three weeks, mitigating and subduing the pain, and keeping up, with much difficulty, however, and attending to our office business until our breathing had become so laborious, breath so short and accelerated that it quickened with every little exertion.

On making an examination of our own case, we found that the left chest was nearly filled to the nipple with water. We were compelled, from perfect prostration, to take to our bed, where we were confined eleven days, and then were removed only that the bed might be changed; and for five weeks to be lifted from a couch into a chair.

We give this narrative for the important light it is designed to throw upon the peculiar predisposition, and liability to dropsical effusions, which we inherited from our father, of which we spoke at the outset, and which will follow us through life. At the same time that we mention this important fact, for the benefit of the interested reader, we wish to express, also, the fact of being sustained, during this extreme prostration and suffering, when the left Lung was, for weeks, entirely submerged with water, by the correct judgment exercised in our own case. Directly in opposition to the judgment of two physicians, who were in daily counsel and visitation, and who ordered water gruel for us, because they thought, erroneously, that the extreme acceleration of the pulse was occasioned by internal inflammation, we ordered the tonics we required—beef-tea, London porter, etc.; knowing that the inflammation had been subdued long before they were called in, and that it resulted from debility, and want of balance in the circulation and nervous action. By adopting the course our judgment dictated, we were sustained, and restored to strength and the power of action.

Returning to our office in New-York during the hot weather, we found the confined atmosphere and the heat too oppressive to think of obtaining health, or making convalescence complete, if we remained in the city; hence, we were induced to visit Troy, as we then determined, only for a few weeks, for the purpose of exercising on the hill where we could get pure air, and at the same time, to some extent, carry on our practice, not having any conception of being induced to stop in such a small, circumscribed field, as it has

proved to be; but such was the success of our treatment with consumptive patients, who had far advanced within the last stages, and were given up to die by their physicians, that this success, combined with the solicitations and importunities of our friends, induced us to make a permanent establishment of our *Lung and Hygienic Institute*.

"There is a divinity that shapes our ends, rough hew them as we will." As the humble and persecuted Jesus has the immortal position, in the great apocalypse of life and the world, of being born in obscure Nazareth, and of being cradled in a manger, so, the Author has the dignified honor of being born on humble Cape Cod, and there receiving his first and great impetus in life and human pilgrimage. It so happens, in the mystery of God's providence, that the blood which animates his veins, and gives action and individuality of being, was transmitted directly from the "Pilgrim Fathers," who had experienced in their mother country, under a feudal government, a tyranny and oppression which sought to subdue both conscience and earthly possessions. They possessed, in a wonderful degree, that moral courage and resolution of purpose, always necessary to resist and throw off the yoke of bondage, and sought there an asylum where they endeavored to disseminate the immortal truths: the right of every man to life, liberty, the pursuit of happiness, and the enjoyment of conscientious convictions, free from tyranny and persecution.

It is too frequently the case with short-sighted man, when suffering any little physical indisposition, sickness, or the disappointments that must necessarily follow the conflicting cares and toils of life, to murmur and find fault with Providence. This is as unwise as it is ungracious and wicked in its tendency. It betrays an obliquity of moral vision—a want of faith and fortitude in the infinite goodness, and wise aims of the Supreme Creator.

The Author, when experiencing the severe attack of sickness alluded to, though but in childhood, felt no cause for murmuring, but realized a placid and even happy frame of mind and submission in the consciousness that all was right.

"God from all creatures hides the book of fate."—The infinity of His wisdom and purposes is revealed in this, that, were His agents, whom He has chosen to disseminate such important light and new truths, to see the trials and persecutions which await them in their mission, they would sink under the awful magnitude of the burden.

This paroxysm of physical sickness and prostration in his youth proved the most important epoch of his life. It was then that he

became impressed with a longing desire to make the healing art his future study and profession. This desire was intensified by the conscious belief that he had endured prolonged and needless suffering, not only in his own person, but also through his anxious parents and friends suffering untold anxiety, as well as the loss of their time, and unnecessary expense at the hands of his medical attendants, from their culpably erroneous judgment, so recklessly exercised. Consequently, his medical studies were commenced at the early age of thirteen, and prosecuted with all the vivacity and ardor of which his delicate constitution would permit.

The study of anatomy, that displayed and depicted the wonderful machinery of man—its complicated mechanism—its many complex organs, all connected, one with the other—the Brain; the Nervous System; the Osseous and Muscular Systems; the Heart, propelling, with the power of a steam-engine, the vital current through the almost innumerable arteries and veins, sustaining the harmonious action of the varied functions which constitute the phenomena of physical life,—was, to him, one of surpassing wonder and interest, revealing, at once, a faith in a great superintending, all-wise Creator, who, alone, in the omnipotence of His wisdom, was capable of devising this structure. Whatever doubts, if any, had crept into his youthful imagination of the great superintending cause, this—this alone,—he said, with joy and gratitude, is sufficient to dispel.

His desire for renewed and constant application was, therefore, increased by the unfolding of scientific discovery, on the one hand, and the sublime aspirations to be filled with a more extensive knowledge of the great first Cause, on the other. Instead of rapidly or hurriedly pushing through a brief course of studies, and abruptly ushering himself upon the credulity of the business community, as is too commonly the case with discipline in the Western world, his studies were prolonged for many years.

At length we passed our examination and took our degree at the Massachusetts Medical College, in Boston, in 1837, and were then ready to enter the great field of active professional duty. With all the indomitable energy that characterizes a true-born New-Englander, we embarked for the West, and commenced a career of active practice in Illinois, where acute diseases of a malarious character are rife, and where the types and forms of diseased manifestation are so widely different and varied in their nature, and the aggravation and fatality of their character, from those of the old settled country, as to surpass all conception, especially, on the part of one so long accustomed to the lingering, chronic maladies that fre-

quently attend our New-England citizens through a reasonable course of life, without seriously compromising the constitution itself.

We mention this for the great information it is designed to impart to the reader, that, in order to be a great, comprehensive, and skillful physician, one must be posted, practically, in every form of disease to which the human system is liable; for the human system is a whole, though made up of many parts. Like other well perfected yet complicated machinery, every organ is connected with another organ, and the functions of human life and health can be harmonious only in the full integrity of each.

It would be well if mankind generally heeded such valuable instruction, and popularized it in the daily practical walks of life now, as it was well understood and definitely taught by Saint Paul himself, two thousand years ago: "If one member suffers, all the members suffer with it."

While we believe it to be imperative, in the progressive nature of medical science, and the almost innumerable diseases to which the human system is liable, for every one to make a specialty of some particular class of diseases in order to develop great success, yet, that specialty can only be perfected upon a thorough general knowledge of the laws that govern the whole. For the special benefit of the invalid, and the sufferer we shall illustrate this point; for we believe that a knowledge of medicine and medical science is for the mass; and until mankind study and possess a knowledge of the laws that govern health, sickness and suffering and premature death will be the consequence; for health is the result of the fulfilment of the law: disease, the legitimate result of violation or infringement. To teach the doctrine that these laws are capable of being fathomed and understood by only a few, is as absurd and as preposterous as the senseless dogmas which originated in the darker ages of the world. It is like the many baneful precepts and dogmas which are now practiced to the destruction of our race; as the administration of quicksilver, arsenic, and antimony; bleeding and blistering, torturing and debilitating with jalap and calomel, and exhausting the vitality of the system, which should give place to the new and progressive views, which, only, are in harmony with the laws of health and the animal economy; to sustain the system by nutrition and tonics, and build up the vital fabric, instead of pulling it down. Can not the inconsistency, the barbarity, and absurdity of the first be perceived in contrast with the rational nature of the latter?

Let me pause for one moment and ask the interested reader, the invalid, and suffering who are longing for relief, thirsting after

health, if such information is ever imparted to them, or they have ever heard, as a general thing, of such information being imparted by their physicians, of the laws of hygiene—until a very recent period at least, and only in solitary instances at best. Read the books of Allopathic practice, the descriptions of disease, the prescriptions for diseases, from the days of Hippocrates—the father of physic—down to the latest Author in the old system of medicine—I ask you if it is any thing but drug-giving—emetics, physics, cathartics, blistering and leeching?

So seldom is the instance that the physicians mention to the suffering patient, at the bed-side or otherwise, in long-lingering maladies, that he has to look to the laws of hygiene for restoration, that the very name of hygiene, to the ear of the mass, is but jargon or dead language; so much so that we are daily asked by our patients, when we lay down our broad and thorough system of hygiene for their rigid government, when prosecuting our system of treatment—"Doctor, what do you mean by hygiene?"—as though such simple information as light, sunshine, heat or temperature, food or sustenance, exercise, and rest or sleep, is too intricate to be comprehended by the intellect and perception that God has given to all. Is it not as clear as the effulgence of the sun at noon-day?

But we endeavored to illustrate to the interested reader that, for the specialist of medicine to be profoundly successful, he must be profoundly intimate with the great laws that govern the animal economy, as manifested in every variety of disease; hence, our arduous labor in the Western field of practice, which shattered a constitution already delicate, and rendered us subject to the peculiar fevers and diseases of the country, so that, at length, to prolong life, we had to abandon it, has been of the most imminent advantage, since we have adopted pulmonary diseases as our great specialty.

We wish to make this point clear to the reader, for we labor for the good of suffering humanity; not for the present generation alone, but for all future time. Ah! for that time, when the lips that now dictate these words shall be mute in the tomb; and the hand that will to-day administer the balm of relief to the present suffering, shall be pulseless and dead.

Every day, in aggravated cases of Pulmonary affections, do we not see manifested extreme suffering by cold chills, and nightly, periodical, colliquative sweats? so much so are these aggravated symptoms attending Pulmonary affections of every nature, whether Catarrh, Pneumonia, or Pleurisy, or chronic Consumption itself, constantly on the increase,

that it demands our daily and hourly attention, from the great number of our cases of patients.

It was in our western practice, where periodical diseases were manifested in their utmost virulence, that we first learned a correct knowledge of the laws that govern the phenomena of periodical chills, fever, and sweats—where we first learned the only true system of practice—where we first became convinced of the important necessity that where periodical chills, that depress the vital energies of the patient, occurred, invigorating vital tonics were absolutely demanded.

But we ask you, in all earnestness, to look about you and inquire: Is this the case, even at the present time, with physicians, as you generally find them? As we have said before, we acknowledge noble exceptions; for medicine, within a few years, has made rapid strides,—no other science, probably, has developed so many improvements; such new consistent light. But these advantages and this light have been embraced by only a few; hence, you will find your physicians throughout New-England—throughout all the old portions of the United States—still clinging to their nauseating, debilitating, depressing system of practice.

But the Author has not yet fully explained to the anticipating reader, the prominent reasons for adopting pulmonary diseases as a specialty. Our extensive experience in active general practice was so great—our opportunities for witnessing the devastation to health and constitution, produced by the Allopathic system—that in which we were seemingly unfortunately educated—so numerous—it appealed to our reason and reflection with an intensity and solicitude, that we had never before realized. The important inquiry would then constantly suggest itself, amid the scenes of woe and suffering: “Can such appalling effects produced by medicine be consistent, and in harmony with the great laws of health?” Can any thing curative, restorative and life-giving in its nature be so diametrically opposite—devitalizing and prostrating, at the same time? The poor, emaciated, distressed mortals we were called to witness, with mouths salivated by mercury; Ptyalism, so great as to exhaust the vital fluids of the body by the quart in a day; and so sore, so morbidly sensitive, that to take nutrition for the sustenance of vitality was a torture! Ah, more! We have seen Western practitioners so reckless in this system of poisonous medication, with mercury, as to witness many a case of gangrene of the mouth, and fall of the lip, loss of the teeth, and caries of the jaws! Humiliating as it is to make the confession, it seemed to us, when reason was appealed

to by such strong and forcible arguments, that we had been misled for many years in allowing ourself to conform to the blind, heathenish dogmas we had heard emanate from our professors, "*ex cathedra*," and been instructed in the authors they had taught us to read.

But at length, as it is said by Lord Bacon, "Nature is often hidden, sometimes overcome, seldom extinguished." So a new light, for the first time, seemed to dawn upon our imagination—the voice of reason, though it may lie long dormant, will at length be heard.

We weighed the subject, and revolved and re-revolved it with all the casuistry that marks a devoted pilgrim, whose only hope of moral salvation is in his rigid devotion to the Virgin. The test of true greatness of soul is humility. Our convictions of the erroneous nature of former professional tenets were complete, and with all honesty of purpose, and decision of character, we avowed them to the world.

When in fellowship with the church—by that we would have our readers understand, when we were actively devoted to the regulations and dogmas of the old school system—we were held in due fellowship, and high estimation by our professional brethren; but like the noted rigid devotee, who has the boldness to throw off the yoke of bondage that so long held him in chains to their slavish theological errors, so, in our case, the grand excommunication was at once promulgated, and for the first time in our professional career of nearly forty years, we became a "quack" and a "bold impostor."

The eventful circumstances of a shattered constitution, in our own case, and that of an endeared companion, the subjugation of two lovely children to the fatalities of the indigenous diseases of the Western climate, caused us to bid adieu, at once and forever, to that otherwise lovely country, which, were it not for these awful drawbacks, might be considered a paradise on earth. But so long had been our residence there, inducted into new habits of life, so simple, so free from the trammels and restraint that characterize the extravagances and luxuries of our Eastern cities, we had become weaned from our native home—our father land.

The consideration that we had become subject to chills and fever—fever and ague—the intermittent, frequent attacks of Liver disease, peculiarly developed in a miasmatic country, induced us to turn our attention to the balmy skies and tropical climate of Florida. There we went with our family, expecting there to spend the remnant of our earthly pilgrimage. After long weeks of toil, privation, and much exposure, we accomplished what, perhaps, no other Yankee ever did: We drove our own team by land, through the center of

the entire Western States, to the extreme point of East-Florida. But mark: Here where we had indulged the fondest expectations, and brightest hopes for the future—where, like the old Spanish knight—Ponce De Leon—we had gone for the “Elixir of Life,” it proved the lixir of death. We had but just arrived, when, within a few days of each other, two lovely blooming, beautiful, fond children were cut down by the deadly malaria of the climate.

It is not in man that walketh to direct his steps. Hope and almost aspiration for life itself, seemed to die within us. The fondest anticipations that had been contemplated in the opening buds of lovely promise, were blighted as by a November’s frost. Ah! the world seemed no longer to afford any allurements. The coral reefs, which, under other circumstances, would have intoxicated us, nearly, with their inviting science of geological strata, opened but to entomb our fondest and loveliest offspring. The beautiful magnolias and evergreens, that at first fanned and refreshed us with their fragrance, were now made to wave as the cypress o’er the tomb of buds of promise and talent.

But in all great earthly afflictions and despondency, there comes a hope, welling up from the deepest fountains of the soul, never before felt or thought of, to prove the star or compass to guide the mariner through the conflicting storms of life. “The darkest hour precedes the dawn of day.” From the sombre clouds that o’erhung our brow, the guiding impression was for our “pilgrim land.”

Thither, with a heavy heart, with lingering thoughts of the graves we left behind, we proceeded. The circumstances of months of lingering illness, of immediate cerebral prostration, induced by the awful affliction, afforded leisure for calm deliberation and decisions for future guidance. We therefore devoted anew, many months to reviewing our professional education in a series of colleges of a developed and progressive character. We spent a whole course at the Eclectic College of Cincinnati; two entire courses in one of Massachusetts. We once more walked the wards of old Massachusetts General Hospital, and witnessed the skillful operations of Warren and his able co-laborers; we found that we possessed minute discrimination of judgment under our new light and new instruction, sufficient to embrace and dissect out every tenable progressive idea in medicine and surgery, and exclude that which was erroneous. We prosecuted our inquiries further and more onward. Having felt but too keenly the errors and mistakes of our early medical education, we endeavored not to be too precipitate again. Something more than money or earthly possessions was at stake: human life,

organized by Omnipotence, and designed for the development of great and wise purposes, was of too momentous consideration to be sacrificed by false and injudicious discipline. We therefore, attended two full courses of lectures under the able professors of the New-York University College, and the College of Physicians and Surgeons. We spent two full seasons at the Eye and Ear Infirmary, where four skillful and celebrated surgeons presided three days in the week, administering to from one to two hundred patients daily. We walked the wards of New-York Hospital and Bellevue under the skillful tuition and administration of Drs. Buckley, Post, Metcalf, Sayre, and our namesake—John O. Stone—a bright ornament in the galaxy of surgical and medical science.

We prosecuted our inquiries and our education still in other fields and departments. We attended the hospital for little orphan children at Randall's Island, and that of Blackwell's Island, where we received instruction of the most valuable character from the placid hand of the now lamented Dr. Kelly, who then presided there, but immediately afterward was lost in the ill-fated steamer Glasgow, when on a voyage of professional inquiry to Europe.

But here we must bring this personal narrative to a close, however much it would be to our pleasure to prolong it more minutely; hoping that our numerous readers will relieve us from the charge of too much egotism and arrogance, when we assure them, that we have given it to disabuse their minds of the unhallowed odium, slander, and persecution that have been heaped upon us by rival physicians who cling to the old and bigoted system of practice.

To illustrate our motive for at this time making Pulmonary diseases our field of future labor and professional duty, as it embodied the greatest amount of fatality of any class of diseases, we will make an extract from our large work on that subject, to which we have before referred :

On entering active practice, the victims of tubercular consumption brought to my notice constituted an appalling number. These facts elicited my deepest solicitude, regarding its very general prevalence and fatality.

But why should I be consulted as to its cure, so long as my instruction from the schools and the books I had read on the subject all pronounced it incurable?

The thought seemed to force itself upon my mind, as by spiritual impression: how were you cured? How was your mother cured before you? Shall the numerous victims now appealing to you, and imploring you for aid, be doomed to hopeless disappointment, and

science and art go begging and confess an inefficiency for the ills of life?

Those questions haunted my mind by day and by night. An inward monitor seemed to rise up and chide me when I even cautiously expressed the ambiguous opinion of authority of some gray-headed veterans of the profession to a doting mother, respecting the foreboding symptoms of her daughter, now menacing a fearful development, at a period of life when hope had filled her breast with the most glowing anticipations for the future. Under such circumstances, when a mother or tender parent notices, but too keenly, the seeming dissolution spreading over a loved form, exquisite as angel beauty can picture, not in imagination but in reality, on earth even, there will spring up in the breast, as the deepest sentiments and evolutions of the soul, a murmur, a chiding disposition, that questions even the goodness of Omnipotence itself, in removing, so prematurely, the object of earth's dearest affections. To one not studied, not read, nor developed into the more progressive philosophy of a demonstrated reality, in the continued spiritual existence outside of the frail form on earth, now so melancholy dilapidated, and, consequently, can not see the just penalty for sadly, though ignorantly it may be, violating the imperative laws of physical existence, the horizon of disappointment obscures the future, and extinguishes the hopes so ardently anticipated here.

In my new profession, therefore, what a panorama for moral reflection was daily opened to my view! a profession that had fired my youthful ambition, as one promising laurels of victory in the opportunities to satiate the clamorings of a preponderating benevolence. Could nature be true to create contingencies and sufferings in her offspring, and provide no alternative and no relief for the emergencies?

Questions like these would suggest themselves to my mind, and be renewed with every fresh opportunity or ease.

Many and many a time were my ears greeted with murmurs, repinings, and doubts of the benignity of the Creator, called forth from parents, from the early physical suffering and premature dissolution of their children, by this fell destroyer, in the morning of their existence. This unhappy and unwise strain of thought and reflection obtains, for the most part, in the parent of years, and the sufferer whose head has been silvered by the frosts of many winters, who often become and are more irrational than the youth, or tender age of adolescence, who, from the conscious innocence of its own nature, yields up life—even when dissolution is the penalty of laws they have both innocently and ignorantly violated—with a meekness and sub-

mission produced by the kind ministrations of fond parents and friends, and a confiding trust in an abiding Providence. Instances of submission like these teach a faith, however obscure in its nature, more enduring and instructive than maturer age is wont to discover. Why is this? Because it is a faith of instinct coëxistent with life that governs the innocent young, which too often becomes blunted or obliterated in the distracting cares and passions that develop in future life, when the vortex of pride and its vanities swallow up the nobler sentiments.

Such were the pathetic appeals constantly made to my professional capacity, in behalf of the numerous and almost innumerable number of victims of Pulmonary Consumption. I could not yield credence to the assumption that Omnipotence had permitted a physical ill without a provision for its mitigation at least. I possessed the practical illustration of my own and my mother's cure, spontaneously, by the inherent resources of the constitution, as evidence that nature could cure Pulmonary Consumption, stay the bleeding wound, and heal the ulcerated cavities—even when thwarted by officious interference: then would she not be more likely to do so when kindly and consistently aided by art? The evidence being but too palpable that the system hitherto practiced—giving medicines by the stomach—was but a blind mission to the lungs, and nothing short of failure and ill-success could attend this method. Being convinced of this fundamental error, it was easy, then, taking reason as my guide, and looking to the natural function of each organ, to perceive that the lungs, being breathing organs only, alone could be reached effectively and with certainty by remedies administered by breathing or inhaling them in the shape of vapors.

It is a cheering prospect that the effulgence of true science is breaking through the somber clouds of prejudice and darkness in which bigotry has enveloped our dormant race; that we are beginning to realize much encouragement from some of our more intelligent brethren, who have thrown off the shackles and trammels of conservatism, and conservative institutions—have thrown themselves into the great ocean of progression and future development—who see and embrace the true light of a knowledge of modern pathology in regard to the curability of Consumption and many kindred diseases which have hitherto been considered incurable.

We are most happy to recognize them as our brethren, and to take them by the hand and walk in the great field of humanitarian needs. They are bright stars in the medical galaxy, who can see something in their noble and meritorious profession beyond the ephemeral al-

lurements of the "almighty dollar," or the more ephemeral honors which cling to caste.—They can see God and human progression; they can see humanity; they can see human suffering and human needs in the great field of medical science and requirements. Many of our medical brethren have put not only themselves, but their wives and families under our treatment, where they have considered themselves insufficiently informed in regard to pulmonary pathology, having made other branches their specialty.

Second Section.



OUR PLATFORM.

THE VITALIZING SYSTEM OF PRACTICE OPPOSED TO THE DEVITALIZING OR ALLOPATHIC SYSTEM.

WE forever denounce the old school Allopathic system of practice and treatment of diseases, which is based entirely upon *theory*. Theory always implies a want of knowledge—uncertainty—speculation and doctrine or scheme of things which terminates in speculation or contemplation, without a view to practice; implying something visionary.—WEBSTER.

The animal or human body is like a building constructed of perishable materials, which need continuous renewal, to maintain the usefulness of the structure. There are two departments carried on simultaneously—the constructive and destructive. Upon their harmony and completeness depend the perfection of life, which we call health; or, in other words, health consists in the harmonious or due balance of the reciprocal functions of supply and waste, of nutrition and excretion; or, in other words, healthy life consists of the continuous, and equally balanced repetition. And to be still more explicit—perfect physical health consists in the harmonious action of every organ of the body, one with the other, in the maintenance of each function, which, in health, is pleasurable—a derangement of which, is disease—deficiency of health—pain. Now, LIFE IS A RENEWAL, AND CAN NOT BE IN EXCESS; hence, it follows to a moral and scientific certainty, that the old school system of practice of administering life-destroying agents and deadly poisons; as, mercury, quicksilver, calomel, corrosive sublimate, arsenic, antimony, or tartar emetic, sulphate of zinc, acetate of lead, lunar caustic, caustic of potash, Spanish flies, and many other deadly mineral, insectiferous and vegetable poisons too numerous to mention, as well as their concomi-

tant practice of bleeding, or debilitating, cupping and leeching, blistering and torturing with the actual cautery—red-hot iron—and extremely debilitating and depressing the vital powers by depriving them of sufficient nutrition—this constitutes the allopathic system of practice at the present day; with but few modifications of improvement, as it ever has been—a system, which every rational person can plainly perceive is barbarous in its nature, and destructive to life.

NOTICE THE DIFFERENCE: The animal, or human body is likened to a building constructed of perishable materials, which need continuous renewal, to maintain the usefulness of the structure. The attention of the true physician must be directed to the maintenance of life in the body, by a judicious administration of the nutritive elements which nature designed for the sustenance of the body; which nutritive elements, only, can be assimilated into healthy blood, capable of repairing the waste of the structure—the system—in harmonious concert or combination with the absolute laws of Hygiene—oxygen, light, temperature, or warmth, etc.

We base our system, therefore, for uniform success, upon that science which expounds the nature and qualities of our daily food, and its manner of assimilating, when submitted to the digestive powers of man. All medicines that we administer, combine those agents which compose the elementary principles of the system. As the system is composed of sixty-four primary elementary agents, our remedies, therefore, are selected from a perfect knowledge of chemistry to contain such elements as each specific case or constitution requires to be supplied with, to make up the deficiency. Where great debility of the stomach and digestive functions, and prostration of the nervous system exist, or where iron is lacking, as in the blood of those who are pallid or bloodless, tonics, or invigorating agents are administered; and so, each appropriate remedy, having its specific function, or affinity for a particular organ, is selected according to what organ may be found deficient in vital structure, or harmony.

Will the intelligent reader contrast the modern improved system of treatment, founded upon an intimate knowledge of chemistry, and the laws that govern the animal economy, with the deadly or destructive system of the old, allopathic, or conservative school of medicine and practice.

The only hope, then, for the patient is in discarding, at once and forever, this traditional and barbarous practice that has doomed its millions to horrid suffering and untimely graves, and adopting the modern, rational methods of treatment, in harmony with the laws of life and health.

Third Section.

LIVER COMPLAINT, OR DISORDERS OF THE LIVER LEADING TO THE DEVELOPMENT OF PULMONARY CONSUMPTION.

It is generally understood, that Pulmonary Consumption, Dyspepsia, or Indigestion and Liver Diseases, form the three great characteristic features of disease, that prey so universally upon the health, and silently undermine the physical constitution, and consign to an early grave almost countless numbers of our race. While this fact challenges neither question nor contradiction, but few of the great number that participate in their melancholy ravages, ever stop to inquire into the origin, *seat*, or starting point in the animal economy for all this.

The Liver is the largest gland, or organ of any kind, in the human body; in fœtal life, for the first weeks or months, it is found to be equal to that of the body in size. The immense size—the number and magnitude of the parts which compose its complicated vascular machinery, all tend to impress us with the conviction, that the Liver performs a wonderful function in the animal economy, and

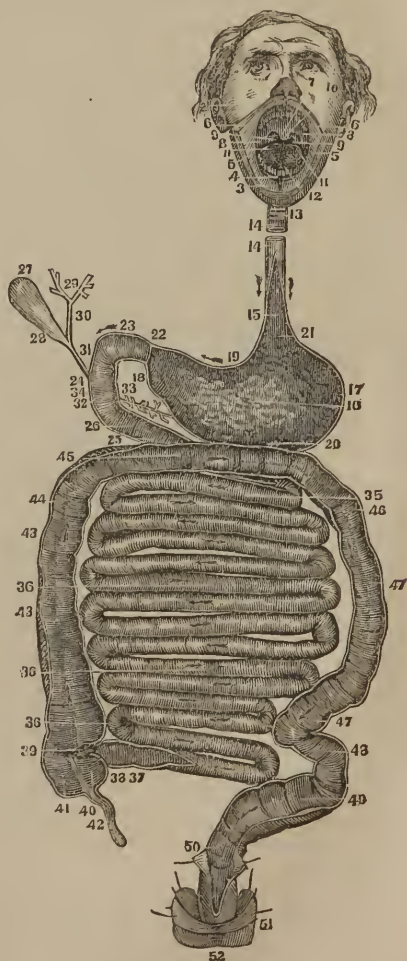


Figure 27 shows the Gall Bladder; 28, the Gall Duct as it empties into the duodenum; 29, a branch of the Hepatic Duct; 30, the Hepatic Duct, as it enters in the Gall Duct.

that, when this great function is interrupted, the harmonious action of the Lungs, the Heart and Stomach, all must be disturbed or destroyed. In health, it is well known, that this organ is greatly under the influence of the passions. A fit of anger will frequently jaundice completely the skin, while grief, and other depressing passions, will change, deteriorate, or entirely check the biliary secretions.

One of the important offices or functions of the Liver, is the secretion of *bile* from the blood, to purify the blood of certain noxious and effete principles derived from the continual waste of the body, and the changes of its tissues. The bile, it is well known, contains a very large portion of Carbon and Hydrogen, and it has been very reasonably inferred, that the Liver is one of the organs employed by nature, for cleansing the superabundance of these elements from the system.

Again, the use of the *bile*, when the Liver is healthy, is highly essential to mix with the pancreatic fluid to carry on healthy digestion and assimilation, and also, as a stimulus to the bowels, to increase *their* healthy, daily function, or *motion also*. From the very important nature of these functions, then, it will readily be seen that when the Liver *is* diseased, its healthy function is arrested, and various disorders immediately begin to be manifested; the lips soon become pale, the countenance sallow, dark or pallid from the poisons left behind in the blood; here then, is the first *seat* and *origin* of that *fatal destroyer* of our race, PULMONARY CONSUMPTION. The next feature of morbid disturbance in the *chain* of animal economy, is bad digestion and *mal-assimilation*; hence, the body wastes in tissue for want of healthy supply. Soon the whole alimentary canal—the bowels, are disturbed or arrested in *their* most important *function*, and what then is the consequence? *Constipation!* The most noxious, poisonous secretions of the bowels lie undischarged, and this poisonous matter is in turn absorbed again into the blood. Soon then, the tongue puts on a yellow or bilious coat, the teeth a corroding sordes, the breath becomes tainted, and gives off a most disgusting factor, the eyes become dull, the conjunctiva coated, and the orbs are surrounded with a dark or purple halo. Further in the melancholy sequel, the teeth decay, the eyes lose their lustre, the mucous membrane of the mouth and throat canker, Catarrhs are frequent from the slightest exposures, the secretions of the nostrils are foul; this extends downwards, following the law of continuity, the whole membrane of the Fauces, Larynx and Trachea take on the diseased action, and lead it downward throughout the Bronchial tubes, and every clustre of *air-cells* becomes diseased, and tubercular deposit now begins to take place;

hence, both Bronchial, Laryngeal and Tubercular Consumption is the legitimate consequence, and all, from what? *A disordered Liver.*

But go back with me, reader, and view the first diagram of these organs of secretion, digestion and assimilation, and see how intimately they are connected to derange each other in turn, in the manner I describe, and then view again in turn, the diagram of the Lungs, situated in the cavity of the chest above the Liver, and see how the Lungs can be diseased by the Liver in another way also: viz., a nerve called the pneumogastric, gives one branch to the Lungs, and one branch to the Liver and Stomach, so when the Liver is loaded, its tubes and ducts filled with poisonous secretions, this gastric branch becomes diseased thereby, and its baneful sympathy is immediately transmitted to the Lungs by the branch passing to *them*; hence, Pulmonary Consumption, that has so long, for centuries, been thought to arise in the Lungs, in truth, arises, invariably in disordered Liver, and the Lungs are diseased in the two ways described above. Again, MARASMUS, or a *wasting* consumption of the juices and tissues of the whole body, *obtains* from the disordered assimilation of food from the poisoned *condition* of the Liver *secretions*. The Liver then, is that very *important* organ, so *large* and the first to be diseased, to cause all *this* chain of morbid action, and too often *melancholy* issues.

Let the *invalid*, the patient, and every one who reads this, understand that the Liver, as an important organ in the animal economy, has been entirely overlooked by the faculty, and its great frequency to be diseased, but little suspected by the laity. I have spent thirty years of my life in studying and investigating its anatomy and physiology. Nine years' *active* practice in the Western States, exposed me to the deadly *miasm* that made me a victim of Liver disease in very complicated forms; to *obstruction, congestion, enlargement*, and the formation of *biliary* Calculi, or concretions of gall stones that nearly took my own life. They produced entire obstruction of the *gall duct* for two days, attended with excruciating agony and spasmodic breathing, before they were caused to pass through. The liability to this disease and its concomitant *ague*, caused me to leave a miasmatic country. We have, time and again, witnessed and treated abscess of the Liver, Chronic Congestion and enlargement, torpor and induration, morbid sensibility and acute pain, neuralgia and rheumatism, asthma and extreme shortness of breath, chronic cough and foul expectoration, all from disordered Liver. Again, we have seen obstinate indurations and abscesses of spleen or *ague cake*, with

thickened pylorus and cancer of the stomach, all originate in disordered secretions of the Liver.

It is highly important for the benefit of the invalid and the general reader to be informed, that, aside from obstruction or suppressed secretion, torpor, the Liver is subject to many other derangements and diseases — to fatty degeneration, atrophia or decay, softening, as well as induration, Schirrhus or cancer, Scrofulous enlargement, acute and chronic inflammation.

Consider also that, the Liver when in health performs the wonderful function of secreting from twenty-four ounces to four pounds of bile in a day! What then must be the consequence to the general health when this quantity of bile, to a great extent, is suppressed and allowed to accumulate, either in the large veins of the Liver, prove stagnant and become tarry and tough in the Gall-bladder, or, lie back in the blood to poison the great fountain of life itself? What a shock must the Lungs, the Brain, and the whole constitution sustain!

To cure Consumption, then, we must look *to*, and *cure disordered Liver*. While we may address our remedies directly to the Lungs, by inhaling medicated vapors with great and good results, all will be unavailing for a permanent cure, without, at the same time, removing the disease in the Liver and correcting *its* disordered secretions, that are irritating the pneumogastric nerve, and poisoning the very fountain of life with its polluting streams, which are emptied into the *stomach*, the grand laboratory of that *vital pabulum*.

Fortunately for suffering humanity, I have succeeded, after thirty years' extensive practice and experience in this department of my profession, in discovering a perfect *specific*. The remedy I use with such astounding results, is from the pure *vegetable* kingdom; it will not poison, contaminate or injure the blood or the human stomach as the old school remedy, calomel and mercury have done, which has been a Sampson to destroy more than it has ever cured; verily it has slain more than it ever made alive. The *benign* effect of my *discovery* is, that it will not injure, but will prove a perfect specific in every case where complete disorganization has *not* taken place. This remedy is the concentrated extract, or ultimate alkaloid of vegetables, so prepared as to be taken in minute doses, with the desired effect, without disturbing the stomach, without sickening, weakening, or prostrating the patient; on the contrary, the patient is immediately invigorated by its electro-vital magnetic action, for it acts to energize the pneumogastric nerve, and the *solar plexus* of nerves, and arouse the nerve forces of all the vital functions of the body. The lungs begin to oxygenate the blood, the blood is purified, the heart is *thereby*

stimulated, and the new *crimson* current is thrown out with fresh vigor through the Arteries, to every part of the system, distributing fresh nutriment and power to every muscle and every nerve.

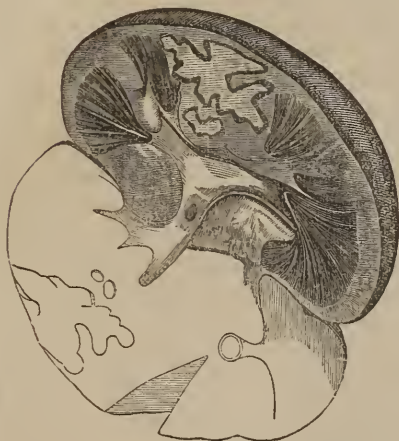
Having accomplished the great fundamental object of establishing healthy Liver, I then administer to the patient my OXYGENATED BLOOD SOLVENTS, by means of which, all morbid sediments and materials of the blood are dissolved and caused to be eliminated by their proper *emunctories*—the Kidneys and the skin. For be it known to the reader, that during all this long period of *diseased* state of the LIVER, the KIDNEYS have been made to do a *double* duty on account of the torpid function of the LIVER, in secreting *all* the morbid principles that have been taken from the blood, and in doing this *double* duty, have become *debilitated* and irritated, so *they*, in turn, are functionally disordered by excess of labor or duty; like a kind horse that has been half starved by its *inhuman* master, and has been made to labor beyond its strength and ability, by the stimulus of the whip instead of food, until his strength has become exhausted. For, be it further understood by the reader, that during all this time, the Kidneys have not only been performing their own duty and that of the Liver, but they have taken the task or duty of three functions, viz., that of the skin, liver, and kidneys.

We now come to a sympathy of associated action, which is of great importance in the animal economy, but which has hitherto been entirely overlooked. It has long been acknowledged that a vast chain of sympathies subsist between the skin or external surface of our bodies, and the various internal viscera. Every one has remarked the consent between the skin and the Lungs, between the skin and the Stomach and between the skin and the intestines; but no one suspected an intimate connection between the skin and the Liver.

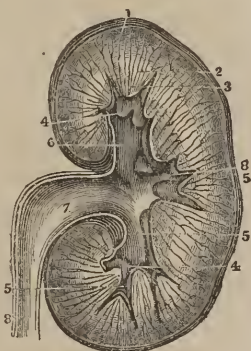
To go back then to repair the mischief done to the Kidneys by their excess of labor, over whose strainer surfaces, *pounds* and *gallons* of *morbid materials* have passed, of an irritating, corroding nature, such as *urea*, *uric* or *lithic acid*, lime, and often that most deadly poison, oxalate of lime, which frequently forms in the blood by *mal-assimilation*, and phosphates and triple phosphates of ammonia, magnesia, and lime, until the delicate tissues of nerves, which make from the spinal cord, situate in the loins, are very much *irritated*. To these, we say, we go with our KIDNEY SANATIVE, a remedy having its *function* upon these important organs, through the medium of the blood, we thereby *soothe* and allay irritation, and restore tone and healthy condition by the MAGNETIC and restorative ac-

tion of the remedy. Diseases of the Kidneys we treat, therefore, with the most extraordinary success. (Read copies of Letters from Franklin Sawyer of Milbridge, Me., and of Judge Thomas L. Smith, of New-Albany, Ind., and others.)

DISEASES OF THE KIDNEYS, or disorders of the most important function, *urinary secretion*, are fast becoming the most prevalent as well as the most afflictive *maladies* of the body, for this very reason, viz., that the anatomical structure in the male especially, is so *pecu-*



Sections of a Kidney in a state of disease, representing a condition very often found after death, where the Kidneys have been diseased.



Sections of a Kidney in a state of health.

liar that disease can not long obtain, without inducing the keenest suffering, or prolonged irritation, that eventually wears out its victim by depressing the *nervo-vital* forces of the system. Prevalent, I say, from perverted habits and the development of a thousand new sources incident to refined, luxurious, artificial and unnatural modes of life. But let us show still farther, the relation that a *diseased Liver* has, in developing *one other* and most direful form of Consumption, that of **DIABETES**. Diabetes is a disease known by excessive secretion of white, pale, or limpid urine of a sweetish taste. The excess of secretion is so great in many instances, as to exceed in quantity all supply taken into the stomach by several pints in the day, hence, the rapid and general emaciation or marasmus of the *vital tissues*, the ghastly visage and *skeleton-like* form it soon develops. Now, this wonderful morbid action that seems to be located at the Kidneys, really has its seat in a *peculiar* disease of the **LIVER**. In this condition, the Liver takes on a wonderful change of *secreting*

sugar, or turning all its secretions to sugar; the saliva in the mouth is constantly of a mawkish sweetness.

CHLOROSIS, that mysterious form of disease peculiar to females, denoted by great *blueness* or *paleness* of the countenance, often combined with a most sickly sallowness, characterized by a very vitiated appetite, a morbid craving for disgusting and unhealthy articles of food, proceeds from disordered Liver, from perverted secretions, poisoning the very fountain of Life.

HYSTERIA, Hypochondriasis, that mysteriously changeable form of nervous affections which assumes so varied and often contradictory features, yet entails upon its victims the most enduring *mental*, as well as *bodily anguish*, without reciprocations of charity from others, proceeds entirely from disordered Liver. The chain of morbid actions and sympathies is too *great*, too extensive and altogether too wonderful and numerous to begin to enumerate in a brief circular. The *patient*, a *victim* of this class of *morbid ills*, should *at once* seek our discriminating skill, and avail herself *immediately*, of our scientific prescriptions and guidance to health, before, what now may only be *functional* derangement is converted, by delay, into *structural*, or organic mischief and disease. But we should be defeated in our benevolent intention of guiding the *INVALID*, and the victim of *morbid impressions* and *sensibilities*, to a key to unravel their seat, nature, and cause, if we failed to mention in this brief treatise, that the *numerous nervous headaches*, and diseases of the brain, congestions, inflammations and insanities, *spring* from *disordered LIVER*.

VITIATED BLOOD from CONSTIPATION.—Again, we should fail in rendering important *duty* to mankind, did we not mention the *train* of *direful* ills inflicted upon *thousands* from constipation of the bowels; the fecal secretions lie too long in the upper intestines, they become absorbed into the blood, producing sick and nervous headaches, *fetid breath*, decayed teeth, congestion, inflammation and ulceration of the *throat*, developing Catarrhs, and terminating in the Lungs, in Consumption, or in other ways, develop *piles*, *ulceration* of the *rectum*, inflammation of the mucous coat of the bladder, and again, reacting upon the stomach in *irritative dyspepsia*, and deranging the pancreatic secretion, so from *its* morbid nature *mal* or *bad assimilation* of the food obtains, hence follows in turn again, in another and most obvious manner, the cause for impure or bad blood. What then can be more appropriate than a *BLOOD AND LIVER PHYSICIAN*? To successfully cure disease, we must strike at the *cause*, we must fathom *its seat*, we must unravel

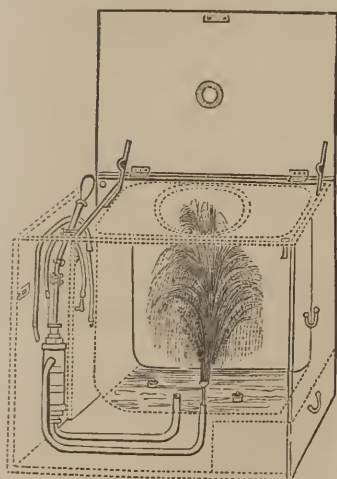
its *hidden* or mysterious nature. The *nucleus* must be broken up, the *fountain* must be *cleansed*, the *stream of life* will then run *pure and uncontaminated*; the wonderful *anomalies* of diseased *action* that assume so many diversified *casts* and forms will *disappear*, and *health*, the *Goddess of health*, will once more resume *HER* throne and *smile* in triumph at the conquest. What a philosophy is that, that can scan and unravel the *obscure* nature of such mysterious diseases, and subjugate them to the control of *science* or human *will*! Look, *reader, patient, invalid*, once more at the *diagram*, and see what a *capacious* organ *that stomach is*! Let such an organ be constantly perverted, and what a task-master will it become to the immortal intellect sitting enthroned in the *cerebrum*, the brain above? But where is the God-like intellect, and sagacious mind, when it acts through a *diseased*, a disordered *function*? The gigantic and strong-minded become cowardly and effeminate. The *GASTRIC juice* and *secretions* must forever be *vitiated*, when the secretions of the Liver are morbid, and its function perverted. Let all then, that would ever expect to realize the blessing of health, seek at once to make healthy the *LABORATORY* of the *pabulum* of human life!

To CURE OR REMOVE *disease*, is to fathom the Law that governs disease. None can practice successfully without! I have made the important discovery by which the law that *controls* or develops each disease, is understood. Every thing in creation moves in a Cycle. Treatment administered in accordance with this law, equalizes the *nerve forces*, *unloads congestion*, *resolves inflammation*, and restores the *circulation upon which*, every vital function depends. I have made the most important and wonderful discoveries in medicines, that act in harmony with this Law, in curing diseases and disorders of the Liver. The peculiar *sphere* or function of each medicine being known, from my great experience in treating Liver disease, the proper remedy can *immediately* be given to remove each variety of disease indicated, and the nerve forces become aroused into new life by the *magnetic action* of the medicine.

But how long has the *HEART* in *its* wonderful function been overlooked in the chain of morbid sympathies by the disease or obstruction in the Liver? Physicians almost invariably, in prescribing for *palpitation*, *oppression*, or disturbed function of the *HEART*, have considered it to be the *center* of disease, when, in fact, the remedies should have been addressed to the Liver. The blood returns *from* the extremities *back* through the Liver to *again* enter the *right side* of the *Heart* to be *oxygenated*, but it meets with obstruction in the large vein of the Liver, (*cava*,) then the Heart throbs, and *beats*, and

flutters, because it has *not* the *blood* for it to act upon; remove the *obstruction*, the Heart will resume its healthy function. By this obstruction above named, both bleeding and blind Piles are caused; for it is only the *inflammation* and congestion of the Hemorrhoidal vein that causes the Piles; when they bleed, the vein bursts from *over-distention*, caused by the obstruction in the Liver. Remove the obstruction in the Liver, and the Piles will be cured. Although Piles require local treatment as well as general, our prescription is magical, and wonderfully curative in a very short time.

Many people go through life suffering continually, and frequently the most *excruciating agonies*, from Piles, and to rid themselves of them, they are constantly taking Pills, which are composed mainly of the most drastic and irritating purgatives, as Gamboge, Scammony, Aloes, Jalap, and other articles equally as irritating. The effect is, instead of curing or even mitigating their condition, to constantly aggravate them; hence, they are never cured; for the very means they use for that purpose, is the cause of terminating what at first was but a symptomatic effect of obstruction in the Liver, or bile-ducts into a permanent organic disease; hence, results the long *continued* chronic inflammation of the rectum—the lower bowel—



Douche of the Institution.



Dr. Stone's Ascending Douche.

which at *length* invariably terminates in *ulceration* and *fissures* of the *rectum*, and too often in *fistula in Ano*. Many on reading the word *fistula*, will shrink with horror at its name. Well may they, it is a disease painful and direful enough under the *best treatment*, but

how much more to be *dreaded* when compelled to resort to the *only* remedy that *Allopathy* and old school practice have afforded, viz., the *knife*. For the sake of suffering humanity, let us *pause* one *moment*, and consider the wide difference between our *modern* and *improved system of treatment*, and the barbarous methods above mentioned, that have *so long* and now *too* much prevail, be it said to its shame. In the first place, for Piles, all proper remedies should be *judiciously and discriminately* addressed to the Liver, while the Piles should be treated *locally*, only with the ascending DOUCHE or MEDICATED DOUCHE, the small, neat, *compact*, and wonderfully convenient instrument above figured. The figure on the left represents the one in our Institution, the other figure, is such as we keep to furnish the patient to treat himself at his home; it affords the most ready and convenient facility to lave the inflamed surface of the mucous membrane of the rectum, and applying himself, locally, medicated applications to soothe and cure the diseased condition, without putting it in at the mouth and raking the whole mucous surface of the *alimentary canal*, thirty-six feet before the medicine reaches the *local spot*. Would victims of this painful disease adopt this practice, how many instances of painful *ulceration* and *fistula* would be prevented!

In the cure of *fistula*, our modern improved system of treatment is equally as *benign* and *fortunate* for the sufferer. The *knife* is entirely *discarded* in our treatment; we possess the happy *discovery* that will cure, locally applied, so *mild*, that but little if any pain is felt during the whole time that the *healing process* is going on. We are *now* successfully treating a case in a female, that barbarous Surgeons have made two *unsuccessful* operations upon, besides discovering on their part, either very little judgment or feeling in the cutting operation.—They evinced as little discernment of skill in *not* knowing her constitution, or else they would never have dared to have put a delicate female, inheriting a strong scrofulous and tuberculous diathesis, and then having tubercles formed in the Lungs, under the depressing influence of both chloroform and the knife at the same time. It is perfectly astounding to see what unnecessary *cutting* and *carving* of human flesh *some* seemingly inhuman men will adopt, when they can dupe a docile victim to submit, whereby they may gain some fame, at the expense of *pain* and *misery* of the *poor patient*. When will Physicians profit by the judicious observation of the celebrated *Lis Franc*? “Never is surgery so beautiful and brilliant, as when obtaining a cure without the destruction

of an organ; without plunging the bistoury into quivering flesh, and without causing the effusion of blood?"

REMARKABLE CURE OF FISTULOUS CONSUMPTION.

The case of Mrs. Jane K. Maling, referred to immediately above, who was twice unsuccessfully operated upon—with the knife in the hands of two country surgeons, as an attempt at a cure of a *tuberculous fistula* situated immediately at the extremity of the spine. To give the reader some little idea of the preparatory history of the case, we will introduce a copy of an application made by her friend, Mrs. M. E. Luyues, whose husband was our patient, and under very satisfactory treatment.

KENNEBUNK PORT, ME., August 21st, 1863.

DR. STONE: Mrs. Maling has been an invalid for several months, and failing to get relief from any physician to whom she has applied, has thought best to present her case to you. Last November a swelling made its appearance near the back passage, which appeared to be an abscess gathering; on the fourth week it began to discharge. We called in a physician; he said it was a fistula; it has discharged quite freely until within the last month. In May, about the time she intended having it operated upon, she was taken with a bad cold and cough. She has had several attacks of pleurisy; the first was in May. She is now just recovering from one, but still feels very weak, and her cough continues, and *we fear* (very correctly) there is a trouble about the Lungs. If you feel that you can help her, we would be very glad.

Yours Respectfully,

MRS. M. E. LUYUES.

We immediately replied to Mrs. Maling, warning her of the great danger of an operation, and against all attempts at healing the fistula for the time being, while the lungs and membranes of the chest were involved in acute disease, and giving her the strongest assurances that we could, in due time, heal the fistula, when her constitution should have become sufficiently renovated, and with very necessary treatment by *medicated inhalation* that the Lungs demanded at first, to warrant us in stopping such a drain upon the constitution so as to not seriously compromise *their* integrity by so doing. Notwithstanding our advice, Mrs. M. allowed herself to be overmuch persuaded by two physicians who were afterwards called in, to submit to an operation—the first having failed, with all the moral heroism that characterizes a noble-hearted woman, she submitted to the

second operation under the knife, and the depressing influence of chloroform at the same time. Both operations failed to cure; the fistula still continued to discharge in spite of such barbarous practice. At this period of her case, being fully convinced of the judicious nature of my counsel, she embarked on a journey to Troy in company with the Rev. Geo. Wingate,—in the absence of her husband at sea,—to visit us in person. She arrived at our Institution in the latter part of September. On making a thorough examination of her case, we discovered that Mrs. M. inherited a strong predisposition to Tubercular consumption—her father and mother both having died with it. Auscultation discovered the Lungs to be much studded with tubercles, with one small Cavern already developed. Subsequent to the operations, hemorrhage from the Lungs, to a small amount, had taken place. Her lungs were in a very delicate state, her vital capacity very small—but ninety cubic inches. The nutritive functions were much impaired; her blood was poor, deficient in vital principles, with a tendency to dropsical effusions, and attended with a bad cough.

Instead of attempting to heal the fistula, we looked upon it as an effort of nature to throw out morbid matter from the system that impeded the harmonious operations of her vital machinery, and, therefore, rather encouraged the discharge than otherwise. We adopted suitable tonics and blood restoratives to be administered by the stomach, to bring up and recuperate the waning powers of Life. We administered proper, healing, medicated vapors by inhalation and breathing, to the Lungs to put them in a situation for the resources of the constitution to heal in due time, and with a well devised, cautious system of Hygiene for her guidance, as a chart and compass, our patient returned home to pursue the treatment. Her progress was immediately onward to the goal of health, and notwithstanding the hard and exposed winter climate of that portion of Maine near the seacoast, and our great fears for her in that respect, still her progress to health was unexpectedly rapid.

By the February following, Mrs. M. had recovered from the cough; the expectoration of blood and ulcerated matter had entirely disappeared; the fever and cold chills had subsided; her appetite was good, and under the use of tonics and a nutritious diet, she had gained several pounds in weight. We now felt encouraged that the fistula might be healed with safety to the Lungs. We therefore furnished the patient with suitable healing applications, which achieved a result, aided by the kind influences of the inherent powers of the constitution, which nature could not accomplish while thwarted by the


barbarous interference of the knife. Without going further into minute details of the case, we will copy Mrs. M's. letter to us, under date of March ninth, 1864, six months after coming under our treatment.

KENNEBUNK PORT, ME., March 9th, 1864.

DR. STONE: MY DEAR SIR: As I am out of medicine, I thought it best to write you for more. My health is very good. I do not know but what I feel as well as ever I did. I can stand quite a day's work. The fistula has healed entirely; it does not trouble me any. I owe you a debt of gratitude that my pen can but poorly express. If it will aid you to benefit other sufferers as you have me, I permit you to make use of this letter, or, write out the case to publish as you see fit.

I remain your ever grateful patient,

JANE K. MALING.

 Mrs. Maling's cure is complete, and remains permanent, as she has lately informed me, mentioning, as an evidence of her good health, that she now has the care of a Hotel and partakes in the arduous duties that situation devolves upon her.

This case, for its interesting practical nature, affords some of the most important considerations, viz.:

1st. That Tubercular Consumption, though so generally pervading the constitution as to involve in destructive ulceration the Lungs and opposite portions of the body at the same time, becomes perfectly curable under a rational system of treatment, that sustains and restores the resources of the constitution.

2d. It affords a most truthful commentary upon the melancholy and deplorable ignorance that is hidden under the mask of a *diploma*—a parchment, or a dogmatical writing—permitting butchers to dupe their victims with the false assurances that cutting and carving the human flesh will heal tubercular ulcers and restore health; when it is only the *constitution* lacking *materials* to repair decaying *structure*, which must be restored, and the vital action aroused, before the cure can be accomplished.

3d. It affords a striking illustration of the truth that the great mass of prescribers, and doctors never look beyond the surface; to trace symptoms and effects back to first causes; thereby virtually ignoring the organic laws of life—principles that must forever mock the inefficiency of art unaided by nature.

MILLBRIDGE, ME., November 25th, 1863.

MY DEAR DOCTOR: It is with *much* pleasure that I write you, to inform you of the success of your treatment upon my wife.

You will recollect that I wrote you early in the spring, giving you a detailed history of the case of Mrs. Sawyer's painful suffering for the last three years. At the time that you replied to me, giving us the most satisfactory assurances that you could cure her. Her sufferings, then, were so intense, that we deferred putting her under your care, you being so far away. Deeming it absolutely necessary for a physician to see her, and tend her daily, in person; such being the case, we employed, not only one, but two physicians daily—for six weeks or more, from April until in June. Both of which physicians failed to give her any permanent relief; and her case becoming still more aggravated in its nature, we again wrote you, mentioning particulars of her case, as they then appeared to us, after which precious lapse of time, with your continued assurances of your ability to cure her, we lost no time in placing her under your care and treatment. Her case involved one of extreme suffering in the kidneys, bladder, and urinary organs, from the excessive amount of gravel and calculous secretion, which appeared to keep the neck of the bladder in a perfect raw state; so much so, that the secretions daily produced a most aggravated and intense suffering; added to this great difficulty were other complicated affections of the neighboring organs, which seemed to deprive her of all ability to exercise on foot; so also were her lungs involved, attended with shortness of breath, great difficulty of breathing, and much cough and soreness of the throat, and with a vitiated and depraved appetite—and at times, no appetite at all, and with severe constipation of the bowels.

It gives me great pleasure to inform you, that after six weeks' use of your remedies, and prosecuting your rational system of hygiene, that she is now entirely relieved; and all these distressing symptoms which have attended her, for the most part, for the last three years, much of the time for the last six months, confined her to bed. You have cured her of an obstinate constipation of the bowels that has attended her for the last nine years.

Such is an imperfect sketch of the great cure you are performing for my wife. And, for the benefit of suffering humanity, I permit you to make use of my letter, or refer any one to me, who may desire information respecting your most skillful treatment. I am persuaded that much of your great success proceeds from your very rational system of hygiene which you so rigidly enjoin upon your patients; in taking your patients from their pernicious confinement on feather beds, and enforcing the absolute necessity of out-door exercise; passive, where it can not be taken actively; the necessity of ablution and medicated bathing, to insure an important, healthy, cu-

taneous function, and in a positive denial of the inconsistent dietary, which, to my mind, appears to be a great cause for so much imperfect digestion, and blood derangement, which our doctors always fail to mention.

I remain, ever gratefully, yours,

FRANKLIN SAWYER.

To ANDREW STONE, M.D., Physician to the Lung and Hygienic Institute, 96 Fifth street, Troy, N. Y.

THE TRUE PHILOSOPHY OF MEDICATED INHALATION, OR THE ONLY RATIONAL MANNER OF TREATING DISEASES OF THE AIR PASSAGES, THE LARYNX, TRACHEA, AND THE LUNGS, AND CURING BRONCHIAL AND TUBERCULAR CONSUMPTION BY BREATHING OR INHALING COLD MEDICATED VAPORS.

The *Lungs* are *breathing* organs *only*, and when *diseased* to require *medication* or medical treatment, so as to cure inflammation, congestion, ulceration, or the distressing effects of catarrhs, Pneumonia, Asthma, Cough, Hooping Cough, Spasmodic Breathing, oppression and shortness of breath, or to remove the formation and accumulation of tubercles, the remedies can *only* reach these organs when breathed. The *constitutional* causes, the diseased condition of the Liver, Stomach, and assimilative functions, can be rationally treated by judicious remedies administered to the Stomach—the blood can be changed of its morbid condition *thereby*, but the blood can be purified only by pure air, Oxygen, and *Oxygenized* Medicated Vapors, and air so inhaled, for the Lungs are entirely partitioned from the Stomach, Liver, and alimentary canal. (SEE diagram.) AIR, and medicated air, and medicated oxygenized *vapors* can only enter the *Trachea* or wind-pipe. Will not all *rational* and *reflective* people at once see the entire *absurdity* of pouring so *many* nauseous drugs into the stomach, as has so long been and is now too much the practice? Let such an *irrational* and *unscientific* treatment forever be discarded!

We introduce in this book a cut illustrating the *inhaler* and *method* of *inhaling*, as given by me, in administering the cold medicated vapors, and the system adopted with such *wonderfully curative* results, at the TROY LUNG and HYGIENIC INSTITUTE. The cold, or cool form of our vapors are far more applicable and suitable to the cure of all the *chronic* affections of the Lungs and air passages, but in many acute affections of a *Catarrhal* and *inflammatory* nature, it becomes more decidedly beneficial and curative, to administer the *medication* in the form of *medicated air*, so the patient can breathe it *naturally* in every *breath* of air *inhaled*. This cut illustrates a

MEDICATED AIR CHAMBER. The system of our treatment has been made by great study and invention, so *perfect* for its *adaptation* to the needs of the *invalid* and *patient* at HIS own home, that we have packages prepared in all *needed* forms, adapted to suit every case and every variety of symptom and condition of the patient, with *clear*, explicit *directions* for their preparation in the *bath* or *evaporating dish*, which every family has; and with the aid of a *common stove* or a Spirit Lamp, the atmosphere of the patient's room can be



made in a few minutes completely saturated with this *soothing*, *balmy*, *BALSAMIC*, or any other *medicated* and *healing vapors*. It is not necessary that we see our patients in order to correctly understand or diagnose their case. By returning answers to the *QUESTIONS*, and giving an accurate history of HIS case, we can as correctly send the treatment, and make it as curative, as though we saw him personally. Those subject to diseases of the *KIDNEYS*, and urinary or *calculary* affections, should *forward* a small *vial* of their morning's urine for analysis. By doing this we can at once give the correct blood solvents, based upon the results, or the poisons and sediments found in the blood.

Fourth Section.

DYSEPTIC CONSUMPTION, OR CONSUMPTION PROCEEDING FROM DERANGEMENT OF THE STOMACH AND DIGESTIVE FUNCTIONS.

But few people, who live and eat, ever think of the importance of the Digestive *Viscera* to the cure of disease. In every case of disease, let it be Dyspepsia, Nervous Debility, or general Physical Prostration, the successful results produced by our efforts at cure depend upon how far, how wisely, or how foolishly these organs are watched over by the victim himself. To an unhealthy state of the digestive *Viscera*, we can trace, by distinct and unmistakable symptoms, many diseases; though they may not be manifested to our senses in the Stomach, yet they derange all the other vital organs, and the whole Constitution. Hence, the cause of Tubercular Consumption of the Lungs, or Marasmus—a general wasting of the tissues, and consumption of the Chyle, the vital juices of the body, and blood itself! The victim is not nourished, because of a deficient vital action of the Stomach, Liver, Pancreas, and Duodenum. To the same cause may be traced an obscure inefficiency of mind, inability for making an effort, feebleness and confusion of ideas, want of memory, want of confidence, easily disposed to fright, to startle at the least sudden noise, given to forebodings, and frightful disturbance of the Heart and palpitation.

This class of invalids complain that they awake in the morning, not only unrefreshed by sleep, but seemingly more tired than when they went to bed. Often, an aching lameness of the whole body, and bones, even, as though they had been pounded. There is an unaccountable despondency and carelessness about the future, accompanied by a foreboding that something or other unfortunate is going to happen. They have no power to prevent this. Their unwilling limbs are dragged languidly to the daily task; labor becomes a burden; what may be done, is done imperfectly or confusedly;

the figures get confused as the merchant adds up the ledger; the clerk knows that he has some important duty to perform, but can not call to mind what it is; the school miss pines away, becomes sad and gloomy, and her lessons become a bitter, cruel task. To the matron, even the light labors of daily house-keeping are a heavy burden; food becomes repulsive; if sleep is sought, it is broken by painful dreams, or frights, or wakefulness. If there is a hereditary tendency to Consumption, Scrofula, or insanity, now is the time when it will be developed, unless the existing cause is rapidly cured. This condition of the Stomach and digestive functions can not long maintain, before another chain of morbid sympathies will be developed: Obstinate Rheumatism, affecting the joints, deep-seated muscles of the Chest, and often the Heart itself. Neuralgia, with her many torturing pains of the Temple, Face, Jaws, Eyes, and Ears, sets up her commanding authority. And soon Glandular Swellings, Dropsy, and Kidney diseases follow in the train, as will be most sensibly manifested by organic acids and calculary brick dust deposits in the urine.

Whatever value the invalid may attach to the evidence of the dependence of disease on the Digestive organs, it is very clear to the scientific, judicious physician that he must look to them for relief from these diseases. So long as the Heart, Lungs, Kidneys, and other important organs are affected by a disordered state of the blood, then these disorders can only be cured by securing the proper active working condition of the Stomach. *Understand* that labor, time, and money will be wasted in clearing away abnormal or diseased structure, if new structure does not take its place. To this end, the only path is to insure the assimilation of food, for it is wasted toil to try to enter locked doors; that is, to restore other organs until the Stomach—the great laboratory of the pabulum of life—is made healthy. Will the patient reader consider this great truth; namely, that no chain is stronger than its weakest link; and the interruption of the function at one point, is the interruption of the whole.

The victim of Consumption will say: "What has Dyspepsia or Indigestion to do with causing Tubercular Consumption in the Lungs?"

What a volume of thrilling interest and momentous consideration is involved in this one remark! How few of the great mass of people, who indulge in the pleasures of appetite or the table, ever stop to deliberate—to think—to ask the question, "For what purpose do we eat?" And if so, the answer would be, either directly or implied: "To please the palate." "Because it tastes good." This is emphatically true, and why we have such destructive results to

health from the errors of living. Food is indiscriminately heaped into the Stomach, without any consideration of its adaptability to the needs of the system; to supply elements; to build up the different tissues; to make blood and support life—but simply because it pleases the Palate—the delectable sense of taste! So much is this the case, as a general thing, that ingenuity in the art of cookery at least—is taxed to devise means to make the food inviting to the Palate—the sense of taste—by the use of high-seasoned, piquant agents and articles to provoke the Stomach to receive, what, otherwise, in a healthy condition, it would reject. It follows, then, to a moral certainty, that a much greater quantity of food is taken than the Stomach has power to digest, and assimilate into healthy chyme, chyle, and blood.

Well, let us ask the question, then, “What becomes of all else that is not digested and converted into blood?” Does the victim of Consumption ever stop to think that what is not converted into blood, is converted by a chemical action of the Stomach—perverted digestion—into poisons to prostrate the vital energies, the nerve forces, in the same manner that similar poisonous substances would produce, were they swallowed directly, in their original state. Poisonous materials, agents not calculated to nourish and build up the system, are manufactured in the Stomach by an unhealthy process of digestion and decomposition of the food, often denoted by the generation of morbid gases, belching, expectoration, vomiting, acidity, water-brash, oppression at the Stomach, a sense of fullness, uneasiness, headache, indistinctness of ideas, a lack of energy or force to prosecute the accustomed business of life, as above described. These poisons are absorbed into the blood; they traverse the great rounds of circulation; they pass through the Lungs; but instead of expending their forces and being carried out of the system by healthy respiration, pure ventilation, deep breathing, and sufficient exercise to insure perfect circulation, they stagnate, or congest, to use a common term, and become converted by a morbid process into effete, amorphous, tubercular substances.

Here, then, you have a brief, yet pointed explanation of the cause of Tubercular Consumption taking place from a disordered Stomach—in other words, Dyspeptic Consumption.

This subject is of too much importance to go into full and explicit details here: it would exceed the limits we design for this brief work; but for the special benefit of the reader, we will give a brief outline of the different forms of Dyspepsia; namely Nervous Dys-

pepsia, Mucous Dyspepsia, Bilious Dyspepsia, and lastly, Scrofulous, or Strumous Dyspepsia.

NERVOUS OR IRRITATIVE DYSPEPSIA is known by capricious appetite; sense of weight and fullness at the pit of the stomach; irregular bowels; tongue red or covered with a slimy mucus; severe lancinating pains darting between or under the shoulder-blades from the stomach; pulse quick and variable; dull, heavy, aching pain across the loins; excessive depression of spirits; despondency so intense as to excite the most painful ideas and apprehensions. The seat of affection in this class of dyspepsia is in the nervous net-work of the stomach, and occurs in the subjects of a nervous temperament and excitable disposition.

MUCOUS DYSPEPSIA occurs in persons of sluggish temperament and slow animal sensations; the result of sedentary habits, study, excesses of diet, undue use of purgatives—mercury and mineral medicines; tongue flabby, covered with colored, yellow or brown fur, red edges and points appearing at the sides and center of it; lips marbled or like yellowish wax; skin like parchment; body turgid with unhealthy fat; tendency to drowsiness and inactivity of body, irresolution and depression of spirits; dull pain with confusion of head. Produces apoplectic seizure and sudden palsy; is accompanied by little flatulence, much rising of food, deficient appetite, great thirst, bowels torpid, evacuations white; excites but little pain or morbid sympathies of the chest, but is generally allied with considerable disorder of the Liver; pulse generally dull and comparatively slow.

SCROFULOUS OR STRUMOUS DYSPEPSIA.

This disease always occurs in a constitution of a scrofulous habit; generally from predisposition on the part of parentage or ancestry, or in an acquired scrofulous habit of the blood and constitution. The word “scrofula” is in every mouth. It is as common in the language as Dickens’s “Household Words,” and yet, not one in a hundred, of those who make use of the word “scrofula,” when applying it to their own sufferings, or those of another, knows or comprehends the meaning of the word, when applied to a general derangement of health—like thousands of other words in every day use, that have crept into our vernacular, they are vaguely applied, when translated in their literal sense. As I have explained in my large work on Consumption and Scrofula, the original primitive meaning of the word is—*Scrofa*—coming from the swine, or, in vulgar parlance, the sow; because the Jews remarked that Leprosy, and many of the skin dis-

eases which seriously affected their health, sprang from the use of pork, and a grand edict was promulgated prohibiting its use; and from thence we get, not only the use of the word, *scrofula*, but a valuable practical lesson, which hundreds and thousands would act more wisely to heed in the indiscriminate use they now make of this unhealthy, and often loathsome, disgusting article of food.

But, to more clearly explain the vague use of the word, *scrofula*, we have to say that it is applied to as many varied and opposite conditions of the blood and the system, as can be imagined. One can see *scrofula* existing in cutaneous eruptions, in boils or sores on the external part of the body; another case embodies as many varieties of cutaneous eruptions, opposite in their nature and springing from conditions of the blood as diametrically opposite as the *Antipodes*; another conceives *scrofula* to exist only in those having a pallid cast of countenance, and lack of freshness and color, which indicates the disposition of this subject to swollen glands of the neck and throat, the tonsils, thickening of the dividing cartilage of the nostrils, tumid lips, swollen or tumid eye-lids, dropsical effusions at the knee-joints or ankles, often combining a pale, swarthy or sallow cast of countenance. The latter really constitutes the *scrofulous diathesis*; though there is often a mingling of a *scrofulous* taint with other diseases of the blood, of a hot and more fiery nature, even a cancerous condition itself. This indicates a compound or complication of opposite disorders in such special constitutions, but really does not imply a strict *scrofulous diathesis*, which is indicated by a poor, watery condition of the blood, deficiency in iron and fibrin—the red coloring matter,—given to local effusions, tumid eye-lids, swelled glands of the throat, catarrhal inflammations of the eyes and nose, thickening of the membranes of the nose upon taking cold; embodying, in a word, an illy-developed, half-nourished, half-vitalized constitution. This habit of physical conformation and constitution, embodies the class of *scrofulous* or *strumous dyspeptics*. Whereas, in the two former instances of *dyspepsia*, the seat of morbid irritation and disturbance is in the stomach, the seat of difficulty is in the *Duodenum*—the little stomach—and the small intestines where the great process of the absorption of chyle, and the sanguiferous fluid made from chyle, takes place, or should take place, to carry the chyle and fluid into the blood-vessels to constitute true blood, to nourish the system.

The small intestines are supplied with an important set of vessels called the absorbents; or, in plainer language—the pumps. In *scrofulous dyspepsia*, why the subject is not better nourished, why the blood is not vitalized, why the countenance is pallid, why the body

is given to dropsical effusions and local swellings, is here: Because the absorbents lack in vital integrity to take up, and carry this important fluid into the blood-vessels, and complete the process of sanguification. The absorbent vessels are debilitated, are relaxed. There is a want of nerve, or vital force. They are deficient in electro-vital magnetic action; in a word, they are incapacitated for the performance of their function. Hence the uneasiness, the oppression, the pain and suffering, instead of being in the stomach, is in the bowels. With some, the pain and suffering, three or four hours after eating, are intense: flatulence takes place; borborygmus, or rumbling colicky pains.

The bowels may be obstinately constipated or attended with profuse or chronic diarrhea; they are rarely regular in their natural function.

In scrofulous dyspepsia, the tongue is flabby, pale; if coated, it is white, as a general thing; the gums are spongy, the teeth are incrustated with sordes, or tartar, and are given to early decay. The subject lacks in energy and vigor; though many females in early life show an aptness to learn, and a quickness of comprehension, which, however, soon becomes exhausted from any great amount of exercise or physical exertion. They are like buds that spring from forced or artificial cultivation: they show beautifully in their opening prospect, but are blighted by the first exposure to the blasts of autumn, or the mildest frosts.

BILIOUS DYSPEPSIA forms a striking contrast to all the others. The seat of immediate disturbance and suffering is apparently in the Stomach, and *is* so in the majority of cases; whereas, the grand cause of the disturbance is in the Liver itself. The mouth has a bitter, nasty taste on arising in the morning, the tongue is coated with a thick, brownish yellow—rightly denominated—bilious coat. There is a sunken, uneasy, all-gone sensation felt at the pit of the stomach as soon as the stomach is a little empty, and many are led to great errors of diet, to a constant habit of over-eating, overloading the stomach, because it satisfies this morbid craving, and for the time being, relieves the distressing sunkenness, or faintness; but the relief is of short transitory duration, and from the extreme suffering and anxiety, the uneasiness of mind, the incapacity for exertion or for business, or fixing the attention upon the business, especially if it be of an intellectual nature, comes the urgency or demand for more food upon the slightest recurrence of the distressing symptoms—not stopping to reflect, or to realize that the cause for all this is being made worse by their continued indulgence.

From a half hour to an hour after eating the regular meals, more especially after breakfast and dinner, an uncomfortable fullness commences. In many cases, heart-burn, so intense that the victim is made miserable, is a striking evidence of this form of dyspepsia. In others, a belching up of noxious gases, and rancid eructations, so acrid as to irritate the throat, and a feeling of disgust and even nausea not unfrequently takes place, and where the nerves of the stomach are in a very irritable state, vomiting of half-digested aliment occurs. In some people there is a sense of tightness in the chest, impeding the free action of breathing, partly depending upon the distension of the stomach; heaviness, giddiness, and faintness are attendants on this state of the stomach.

In others, the sense of fullness, distension or oppression at the stomach is much less, or hardly felt at all; but the imperfect process is denoted, some length of time after eating, by a habit of constantly expectorating or raising a sweetish, milky, half-digested liquid, which is termed "water brash."

In this form of Dyspepsia, the Liver is, for the most part, torpid, and consequently the feces are of a clay color, and devoid of any natural smell; but there is, in many cases, a copious secretion of viscid bile, which is as tenacious as bird-lime. It is this tenacious bile which hangs so long in the bowels of some people and by keeping up a constant irritation of the intestinal nerves, produces a host of uneasy sensations in various parts of the body, as well as fits of irritability in mind. In some instances, where this poisonous secretion lurks long in the upper bowels, the nerves of which are so numerous, and the sympathy so extensive, there is induced a state of mental despondency and perturbation, which it is impossible to describe, and of which no one can form a just idea but he who has felt it in person.

This poison acts in different ways on different individuals. In some whose nervous systems are very susceptible, it produces a violent fit of what is called bilious headache, with excruciating pain and spasms in the Stomach and bowels, generally with vomiting or purging, which is often succeeded by a yellow suffusion in the eyes, or even on the skin. The mind becomes suddenly overcast, as it were, with a cloud; some dreadful imaginary, or even a known evil, seems impending, and some real evil of trifling importance is quickly magnified into a terrific form, or one apparently with a train of distressing consequences from which the mental eye turns in dismay. The sufferer can not keep in one position, but paces the room in agitation, giving vent to his fears in doleful soliloquies or pouring forth his apprehensions in the ears of his friends. If he happens to labor under

any chronic complaint, at the time, it is immediately converted, in his imagination, into an incurable disease, and the distresses of a ruined and orphaned family rush upon his mind and heighten his agonies. He feels his pulse and finds it intermittent or irregular; disease of the Heart is threatened, and the Doctor is summoned. If he ventures to go to bed, and falls into a slumber, he awakes in a most frightful dream, and dares not again lay his head on the pillow. This state of misery may continue for a longer or shorter period—from 24 to 36 or 48 hours, when, in many instances, a discharge of viscid, acrid bile, or rather, vitiated secretion, dissolves at once the spell by which the strongest mind may be bowed down to the earth for the time, through the agency of some irritation of the intestinal nerves.

It is astonishing, even to the experienced physician, what astounding results will be produced by this bilious habit, and derangement of the Stomach, even upon the most towering intellects. For the time being it breaks down the most gigantic mind; he becomes childish and feeble, whimsical, irresolute, and embarrassed, with little inclination for intellectual exertion or moral command. So mysteriously paralyzing are its effects upon the moral faculties of the victim that he, who, but a little time before, or when in ordinary health, could astonish the world, as it were, with his mighty efforts, or sway an audience or a senate with his eloquence, becomes effeminate and cowardly. Happily illustrated by the immortal Shakespeare, that, "there is something besides conscience that makes cowards of us all."

Were we disposed, and had we space, we could go on and elucidate our description of the different forms of dyspepsia much more clearly, and at greater length; which, of course would better suit some isolated, solitary cases, that will always be met with by the experienced practitioner, which occur as anomalies, as it were, from the complications or combination of different disorders in the system at the same time, from a more extensive morbid derangement of the nervous system, involving the integrity of the brain, the nervous system, and the Heart itself, in the chain of morbid action, in addition to the great biliary derangement which only characterizes the generality of cases.

Our object is only to convey to the reader the important fact that the great first cause for Tubercular, as well as every other form of Consumption, has its origin in disordered digestion and assimilation. Hence, the proper nomenclature of Dyspeptic Consumption, which it really is.

To cure Consumption then, what is the first and most important point of consideration to be looked at? Will the interested reader pause with me for a moment and consider the facts—the phenomena that actually take place to form tuberculized or tubercular deposit in the Lungs? And first, before tubercular matter can be deposited, or form in the Lungs, it exists back of the Lungs in the blood in a liquid state and circulates in the blood so long as it exists there. Had it better not be deposited for the safety of the victim, in the Lungs than in any other part of the body?

It is well known by physiologists—to medical men of extensive practice and observation—that, when tubercles are deposited in the brain, or in the glands and lining membranes of the bowels, or in the great Mesentery itself, it becomes far more deathly, and certainly fatal, than when deposited only in the Lungs. The ravages made, the disorganization and extensive sympathetic derangement of the constitution, which involve the vital powers, are far greater, and run a more rapid course to fatality than when they affect the Lungs alone; for the Lungs are duplicated, they are doubled. We can live upon a much less amount of Lung than what nature has given us, even through a long life, when the impaired portion of Lung is not sufficient to break down or suspend life. Hence, in many constitutions, where there is a tenacity of vitality—hardiness of constitution—where the inherent resources of the recuperative energies of the digestive functions are great, the constitution will bear up, and resist the inroads of tubercles, and ulceration itself, for many years; and, at length, the ulcerated caverns will become cicatrized and heal, or the deposited tubercle will not ulcerate, but dry up, as it were, and become ossified, and lie dormant in the Lungs, without destroying life. But such can not be the case, except, for a little time only, where tubercles are deposited in other portions of the body, before they will run into a rapid suppuration, disorganization, and destruction of life itself.

Let the victim of tubercular, Pulmonary consumption, then, congratulate himself that, if, of necessity, he has tubercles, the Lungs have received their onus of action or deposit, and the other more important parts of the body have escaped. Since in the wonderful developments that the progress of medical science has made in chemical analysis and fathoming and deciphering the true condition of the blood, and perfecting a rational system of treatment embodied in direct medicated inhalation, especially in the cold system of medicated inhalation which becomes so energizing, so healing in its nature; and in the next place a more rational system which discards, at once

and forever, the poisonous, debilitating, and drug-giving by the Stomach of the old-school practice, and now saves the Stomach from being nauseated and irritated, the appetite of the victim is husbanded with the most scrupulous care, and a system of dietetics and nutrition selected under the guidance of this important knowledge of animal chemistry, to adapt the supply and needs of each case, to restore the vital elements to the blood, and overcome, thereby, this morbid condition, and build up the resources of nature in the constitution, in the blood, so they will not only preponderate over the depraved tendencies, but have a supply and a superabundance of vital healing principles, to prevent all further deposition, and to heal the ravages that have been already made.

Let the interested reader, or the victim of Consumption consider then, that the danger of running to rapid fatality, or into an incurable condition, does not consist in the amount of tubercle deposited in the Lungs; for, as I have demonstrated, we can live on a much less amount of Lung, provided we can stop all further deposition of this morbid matter from taking place.

You will see then, that in order to accomplish this, it must be done by correcting the morbid derangement of the Stomach and digestive organs; for here is the law that governs our being—it is the law absolute—it is an organic law that no man or patient can infringe, with impurity—no doctor, however learned can suspend; namely, An organ diseased can not perform a healthy function.

It would not be out of place, therefore, to carry out our benevolent motive, to warn the victim of indulgence to control his appetite, to shape his course of eating and living with a due regard to that law which emanated from Omnipotent Wisdom.

But, further: Will the victim consider the important fact, therefore, that in order to stop tubercular deposit in the Lungs, we must cleanse the fountain—the blood—and in order to do that we must correct the morbid derangements of the stomach and digestive organs; and when that is done, the ingesta—what is put into the stomach with the idea of building up the structure—must be selected under the eye of the scientific physician or physiologist who has made that law of chemistry his great study and intense application.

As we have before sought to impress upon you, it is not the quantity or the number of articles eaten that nourishes the constitution, and make blood, but only what is absolutely digested and assimilated, makes blood: every ounce beyond that makes poison to be converted into tubercle to sap the very life which your eating aims to sustain. In the language of the learned DR. GOLDING BIRD, the author of that

inestimable work on urinary pathology and the analysis of the blood: "Four ounces of beef steak properly taken may all be converted into good blood, and no more than that." To many Stomachs and constitutions, the fifth ounce if taken, can not be digested and assimilated: it is too much for the powers of the Stomach. The fifth ounce is converted into urate of ammonia, uric acid, and the triple phosphates of ammonia, and magnesia or other very deleterious compounds which take place by a chemical action induced in the Stomach by an excess or an improper amount of food, which arrests and subverts the vital process of assimilation.

Will the reader and the victim understand, therefore, that the process of digestion, assimilation, sanguification, and nutrition is a vital one, and that when food runs into decomposition in the Stomach, the generation of morbid gases, and of acidity, the vital action has been subverted there by the errors of diet or morbid condition of the stomach? Hence, it is only in the light of this great knowledge which our profound and unremitting applications have enabled us to command, and bring to bear; with a judicious and nice discrimination in each case to select the necessary scientific and philosophical treatment, both directly and locally applied, by breathing and inhalation at once; and at the great fountain head—the first cause—sustaining the vital forces of the system—that we have accomplished such wonderful success in our practice. And to insure complete success, both must ever be nicely and judiciously combined.

He who has but one idea, in practice, and rides that as a hobby, will be mortified at his want of success to cure; for the very reason that he overlooks the great principles in the organic laws of the constitution, in not seeking the diseased action of those organs which only can make the vital current nourish and sustain the constitution.

Fifth Section.

CATARRH, THE GREAT PRECURSOR OF CONSUMPTION.

A Catarrh or cold in the head is so very common—a complaint of such frequent occurrence, now, in the United States—that it is entirely unnecessary, in a brief work like this, to go into any detail or description of its symptoms, more than to bring it to the full comprehension of the reader.

Our object is to impress upon the reader the almost certain, inevitable tendency of what is generally considered a very trivial affection, especially, if left uncured in its incipient stages, to run, sooner or later, into a disease of grave magnitude—the development of that fatal destroyer, Pulmonary Consumption.

Thousands and thousands of fatal cases of Consumption have their origin—their starting point—in a simple catarrh or cold of the head, so slight at first as to excite scarcely any attention, much less, apprehension.

The hold upon life, with many, is by a very feeble tenure indeed; for the very reason that our habits of living are such as to break down the powers of the constitution in early life; or rather, to prevent the constitution from being physically developed; hence the great susceptibility to disease. Again: The predisposition to contracted, or small chests renders the vital capacity of a large portion of people extremely small. It is an organic law governing the constitution that, just in proportion to the slowness and frailty of an organ is its susceptibility to be affected by colds; hence, the almost certain tendency of a Catarrh, when it becomes seated, to run into the Lungs and produce chronic inflammation, congestion, and ulceration, or Consumption.

SYMPTOMS OF CATARRH.

A cold in the head. There is a sense of fullness and obstruction in one or both nostrils, accompanied by a secretion of a thin colorless

fluid. This flux comes on from time to time in an increased quantity, and the increase is always attended by an aggravation of the uncomfortable feeling of fullness and tickling, with frequent sneezing and copious flow of tears from the eyes, which are full and injected. These effects show an acrimony in the discharge, as well as an increased sensibility of the membrane lining the nose: this is further evinced, in the progress of the disease, by the redness and excoriation of the end of the nose, and the skin above the upper lip. The senses of smell and taste are always impaired; the latter is often quite destroyed; there is headache, or a sense of weight and heat over the brows, supposed, by some, to be occasioned by the catarrhal inflammation affecting the lining of the *Frontal Sinus*—the continuation of the nostrils, forming two cavities in the base of the skull, between the eyes. The partial or complete obstruction of the nasal passages, although caused entirely, at this stage, by the swelling of the membranes, gives the feeling of their being plugged up; and the same obstruction often renders the voice thick and nasal. Subsequently, it becomes husky from the swelling of the Laryngeal membranes. If the attack be severe, there are fever, with loss of appetite, and pains of the back and limbs, and, in almost every case, an unusual degree of chilliness and sensibility to cold.

In some constitutions it runs its course in five or six days, and subsides without any lasting unfavorable effects; but very frequently, however, a fresh cold is taken from the slightest cause, and the Coryza, or catarrhal inflammation and flow, with its attendant symptoms, is kept up for a long time. In other cases, after the excessive thin discharge, which has taken place from the nostrils, subsides, an irritation in the Throat and Laryngitis begins. The inflammation seems to be of that creeping nature which characterizes Erysipelas, and wanders along the whole membrane which covers the Throat, entering the two Eustachian tubes—those tubes situated immediately back of the nostrils which conduct sound to the internal ear. It is the inflammation and effusion of lymph matter in these tubes that causes the deafness and earache, which so frequently take place in acute cold or Catarrh. It spreads along the Fauces, causing sore throat, and down the Œsophagus into the Stomach, occasioning, in some cases, slight gastric dyspepsia: its more common course, however, is down the air tubes, irritating the Larynx, causing, in many cases, great hoarseness, and even complete loss of voice for several days or weeks; then extending downwards through the Trachea and the Bronchial tubes—the minute branches of the windpipe—giving rise to Bronchial Catarrh.

CHRONIC CATARRH is met with in several forms, and consists of hawking or clearing the throat frequently through the day of a yellow or straw-colored mucus, which accumulates behind the soft palate, and on examining the Throat, may be seen hanging down in festoons from the *Posterior Nares*—the back of the nostrils. Again: Small ulcers form in the nose, and also scabs, which the patient can not refrain from picking. In other cases, false membranes exude, which the patient removes, from time to time; or the secretion may be purulent, and drops into the throat and diseases that part, creating a disposition to snuff or hawk to remove the offensive matter. In many instances, ulcers penetrate the soft bones of the nose, causing their death, when a thin yellow fetid discharge ensues, and the sense of smell is impaired, or quite destroyed. In aggravated cases of chronic catarrh, where *caries* of the bones take place, the discharge is attended with a most intolerable feter, or stench. I know of many persons whose breath is so offensive that a large room will be scented, and the atmosphere thereof become obnoxious, perfumed, as it were, if they remain in it but a few moments. The cause of this is very easily explained: The fetid discharges are constantly being secreted from the lining membranes of the nose and throat, and the air, in passing in and out of the lungs, must necessarily pass over and through these secretions, taking up the effluvia and breathing it out.

Taking the same rational and progressive view of Catarrh that I have of the pathology and treatment of consumption, with profound application in making many scientific preparations and developments in medical science for the last 40 years, I have discovered an infallible remedy.

That remedy is most satisfactorily applied at the home of the patient, by himself, without any trouble, or exciting any pain. It can be forwarded to him to any part of the world by the present Post-Office and Express facilities.

This invaluable remedy, like all others that are combined in my progressive system of treatment, is entirely divested of every remnant of old-fogyism, or the barbarous treatment which that system has so long been known to practice; namely, by painful caustic applications, either by injection with the syringe, or the sponge probang, and which, in innumerable instances, has aggravated a yet mild and curable disease into a very grave and incurable one, as I have known from personal observation. For every rational person knows how sensitive are the membranes and nerves which line and are distributed about the palate, the back of the nostrils, and the throat, and how easily those parts are excited by acrid or corroding sub-

stances, which will cause immediate retching, vomiting, sneezing, or great difficulty of deglutition, or even threatening suffocation itself, by an irritation of the Larynx and Epiglottis. It is in this manner that the harsh caustic applications which have characterized the old school treatment for catarrhal inflammation, have produced so much suffering.

In all probability, I have treated and cured more cases of Catarrh than any other medical man in the Union; for it is a disease which has been intimately connected with my great specialty for many years.

The remedy of which I make use, is administered in a liquid form, which I call the "Liquid Catarrh Remedy," and is used by insufflation, or snuffing up the nostrils from the hollow of the hand. I furnish it, by Express, in 8 oz. bottles, with printed directions, made so clear that every one can readily understand; and of that strength that it can also be easily adapted to suit the needs of each case; for where it should prove too strong or stimulating for the more sensitive or acute stage of our patient, he is directed to dilute it; whereas in the opposite stage its strength is just right.

We have the same prepared in a dry powder, with printed directions for diffusing it in a proper quantity of water to suit the features of each case, also. It needs no other preparation than to diffuse it in clear soft water to make it the same for immediate use as that we prepare in a liquid form; hence, it can be forwarded to all parts of the United States for \$0.12½.

Any one wishing this infallible remedy for Catarrh, by remitting \$2.12½, giving name, Post-Office address—County and state, will receive the same promptly by return mail.

POLYPUS OF THE NOSE AND CATARRH CURED BY DR. STONE'S
"LIQUID CATARRH REMEDY."

PORT JACKSON, MONT. CO., N. Y., Jan. 25, 1865.

DR. STONE: MY DEAR SIR: For many years I have been afflicted with a severe Catarrh of the nostrils and head, which terminated in a most offensive discharge. Within the last year or two it worked down into the throat and air-passages, affecting the top of the windpipe, producing great hoarseness and dryness of the throat, and sometimes, almost an inability to talk loud.

Some two months since, hearing of your great success in the treatment of Catarrh and affections of the throat, I visited you at your Institution, and subjected myself to a personal examination. You

assured me, however, in regard to my case, that I could take the remedies and applications home and use them successfully myself without your personal aid.

I at once adopted your treatment, took my remedies home, and used them according to your plain and simple directions; but judge of my surprise, when, after about four weeks' use of the "Liquid Catarrh Remedy," I discharged, from the back of the throat, when endeavoring to clear it, a large and very offensive substance, which proved to be a *polypus*.

This at once explained the obstruction which had so long existed in my head and nostrils, and the offensive nature of the discharge. The Polypus had decomposed, was in a soft, ulcerated condition, and, became dislodged by the use of the "Liquid Catarrh Remedy."

Within two weeks after this time, my nostrils were healed of all ulceration, the offensive discharges entirely ceased, and, by the use of your inhaling vapors, the hoarseness of my throat and irritation of the bronchial tubes completely subsided.

I can recommend your remedies and treatment to be above all value, as the most rational, the most scientific, and what is a still greater consideration, they are so convenient to use that the patient can adopt them, and be cured at his home without incurring the expense and loss of time in going to the Institution.

Yours truly, DANIEL LEFFERTS.

FROM DR. W. W. VERMILLION.

FRANKFORT, Mo., Jan. 13, 1866.

Dr. Andrew Stone, Physician to the Troy Lung and Hygienic Institute:

MY DEAR SIR: I have been using your Liquid Catarrh Remedy for seven weeks with the most satisfactory results. I have such faith in it that I have succeeded in inducing a friend of mine to try it and put himself under treatment.

His case is one of such an aggravated nature, the discharges from the nose and fauces are so offensive, I can not determine whether it is simple Catarrh or a Cancer affecting those parts. How can I determine? Give me all the requisite information, and how to apply the remedies most effectually.

Another lady patient, who knows my opinion of your valuable system of practice, desires me to write respecting her case, and to get you to undertake it, if you can cure her. It is a case of Facial Neuralgia; she is 35 years of age; has been married 16 years; has

been subject to Neuralgia since she was married; has copious discharges from the nose when so afflicted. She has three children, the youngest 5 years old. She is weakly in her physical condition, of a bilious temperament, and the fits have continued so long that they have much impaired her memory.

Please let me hear from you in her behalf without any delay.

Truly yours, W. W. VERMILLION, D.D.S.

OBSTINATE CATARRH; INFLAMMATION OF THE THROAT AND WIND-PIPE.

July 11, 1865.

DR. STONE: MY DEAR SIR: I received your esteemed favor of June 27th, inquiring after my health, and giving me further advice.

I am most happy to assure you that I am improving beyond all my expectations; for my health had become so bad with such a complication of chronic maladies at the time I put myself under your treatment, I never expected to be so well again as I am now, although it is but a short time since I came under your treatment.

I can not find language to express my thanks to you for your kindness and attention in my case.

I had, for a long time, suffered with a severe Catarrh in the head, which affected the upper part of my throat and the soft palate, and extended downward into the windpipe; but your treatment has made a most decided impression upon all these obstinate affections. As I continue to use it every day, the disease is giving way, and I hope, ere long, to be completely cured. My appetite has become good and my bowels regular under the use of your "Oxygenated Bitters" and energizing treatment.

Forward me what more you deem necessary to complete the cure and I will remit the money by return mail.

Truly yours, OSCAR HOEL.

DYBERRY, WAYNE CO., PA.

[We have since received further intelligence from this patient, saying that he *has* entirely recovered his health and is now able to engage with impunity in the business of lumbering. It affords another instance of the conclusive and satisfactory nature of our treatment.]

PUTRID BREATH AND OFFENSIVE DISCHARGE ENTIRELY CURED BY DR.
STONE'S LIQUID CATARRH REMEDY.

DR. STONE: MY DEAR SIR: You will recognize me as a member of the Signal Corps who has received treatment from you in a case of CHRONIC CATARRH.

I have been out of the service one week, and concluded to write to you and inform you of the good results of your treatment in my case. I am comparatively cured of that disagreeable malady, and feel safe in saying that your "Catarrh Remedy" is all that it purports to be.

The foul breath has entirely disappeared, and all that remains of the aggravated, offensive affection under which I have been laboring so long, is a little more than natural flow from the nose in the morning, after sleeping through the night.

One package more, I have no doubt, will complete an entire cure; I will be happy to receive it. Accept my thanks for your services already rendered.

Yours truly,

WM. HARRISON

Sixth Section.

BRONCHITIS; BRONCHIAL CATARRH; BRONCHIAL CONSUMPTION.

WHAT IS BRONCHITIS?—But very few, who hear the word “Bronchitis,” of which almost every person has complained more or less, really know what it is—its nature and seat.

It is an evident fact that, the more general and more fatal a disease is, the more vague are the conceptions of it.

Why is this?—We have answered the question again and again in this brief work, and also in our larger volume. In a word, it is only because mankind hold themselves ignorant of a knowledge of the structure of their own bodies.

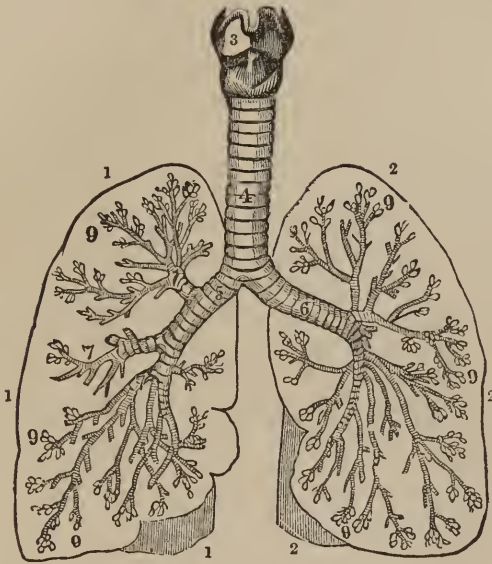
In order, then, to convey some adequate conception of the cause and nature of this somewhat modern malady, which has grown up within the last 30 or 40 years to be so prevalent and so fatal, we will introduce a cut illustrating the anatomy of the organs of respiration, where is located the seat of this disease.

The top of this cut illustrates the Larynx, or the organ of voice, which comprises the instrument that gives expression to the soul within, and modulates every sound which the human imagination is capable of uttering in a physical form, from the most grating and harrowing to the softest and most enchanting music, capable of soothing the savage breast, or transporting the human imagination beyond the confines of the body.

The continuation of the Larynx is the Windpipe or Trachea until it approaches the tops of the Lungs; there it branches; one branch is distributed to the right, and the other to the left lung. No sooner does it branch and develop itself in the lungs than it takes the name of the “Bronchial tubes;” but understand—they are the windpipe, only under another name.

Now, these two branches again divide and sub-divide into almost

innumerable little branches, as the cut illustrates, distributing their minute ramifications to the air-cells, or “lights”—so called—properly, the lungs, lying on the outside.



1, 1, 1, The outline of the right lobe of the Lungs. 2, 2, 2, The outline of the left lobe of the Lungs. 3. The Larynx. 4. Trachea or windpipe. 5. Right Bronchia. 6. Left Bronchia. 7, 8, and 9. Bronchial Tubes.

The function of these tubes is to convey air—the breath of life—to every air-cell in the lungs. Each minute branch of these tubes and cluster of air-cells is like a bunch of grapes upon its footstalk. The number of these air-cells is almost innumerable, discovering, to the reflecting mind, the comprehensive power of the Supreme Architect in the necessity of their device or structure to maintain physical health in vigorous, positive action.

That the structure is so vast, so wonderful, is enough to caution every person against their indiscriminate abuse.

The reader or victim will now readily comprehend the disease with the above names. It commences with a cold or catarrh at the end of the nose, or nostrils, extends over the whole surface of the lining membrane of the mouth, traversing, in the acute stage, rapidly downwards through the Larynx, through the windpipe through those tubes, and either fixes itself in the lining membrane and the

innumerable glands with which it is supplied for the purpose, in a state of health, of secreting a thin, natural moisture to keep those tubes from becoming dry. When they become inflamed, generally in the acute stage, a profuse secretion of a thick, glairy, and sometimes a yellowish or greenish matter takes place. In other cases, instead of any secretion, the air tubes become extremely dry. The voice becomes hoarse, harsh, sounds grating, and extensive irritation takes place; then the victim is heinming or coughing, or continually rasping his throat. This acute stage, if not cured in a very short time, runs into a chronic stage, which may continue, and often does, for years. Then the membranes thicken up, become dark, harsh, and the sides of the air-passages approximated, and the minute branches close up entirely and become incapacitated to convey air to the air-cells of the lungs; hence, shortness of breath and inability to expand the lungs take place. If not cured in this stage by proper treatment, its ultimate termination is in ulceration or disorganization of both the mucous and muscular structure, permeating into the air-cells, and producing as fatal ulcerations as tubercles when they soften in the lungs; hence, Bronchitis becomes as general and as fatal a disease as Tubercular Consumption; and still more so, because Bronchitis, now, owing to the more artificial habits of life, is more frequently developed.

When the acute inflammation takes place in the larynx, it is called Laryngitis, or Clergyman's sore throat, in its acute stage producing intense suffering, and embodies the most imminent danger. DIPHTHERIA, or Membranous Croup, is no more than acute inflammation of the larynx. It affects elderly people as well as children and youth; and some of the most distinguished men of the age have fallen victims to its fatality; among them, the genius of our noble republic—WASHINGTON.

Laryngitis, if not cured in its acute stage, when it does not terminate immediately fatally, like Bronchitis if not cured, runs into a chronic stage, which troubles many throughout life; in loss of voice or *aphonia*, hoarseness, asthma, difficulty of breathing, and combines some of the most distressing affections which we are daily called upon to treat.

Those who wish to pursue the study and investigation of this important pathology and history further, and why it has become so very common within the last 30 years are respectfully referred to our larger volume.

TREATMENT AND CURE.

We have only to repeat here what we have said in relation to mal-practice and erroneous notions respecting the treatment of Tubercular Consumption, to show why these diseases have been, in the hands of old-school practitioners, so intractable and incurable. Mineral agents have been applied for it where the disease is not; namely, into the stomach.

Now, in order to cure any such diseases, we must apply the remedies directly to the seat where the ravages are being made; where the structure is being broken down. When you have an ulcer or a cutaneous eruption upon the limb, involving intense pain and waste of structure; and common-sense teaches the necessity of making proper stimulating, soothing, and healing applications to the part, to keep it clean, wash away or expel the offensive secretion, which, otherwise, if allowed to accumulate, becomes corroding in its nature, and causes the disease to make much greater ravages than otherwise would be made; in fact, if such a local treatment was not adopted, in many instances it would overcome the inherent power of the vital principle of the blood. The same holds good with those local diseases in the air-tubes of the lungs.

Well, now, how are the remedies to be applied?—Why, to be breathed, inhaled, of course. You can reach the windpipe and air-passages in no other way; for, when a drop of liquid or a crumb of bread accidentally gets into the windpipe, it produces almost immediate strangulation or suffocation, until the foreign agent is expelled by spasmodic contractions of the muscles of the tubes, or vomiting.

The medical agents then, must be conveyed in the shape of vapors. Here is another illustration of the aid of art adapted to the natural laws—the laws of Hygiene—for curing disease.

All the indications above suggested are at once fulfilled, or can be, if the victim will only apply, before the disorganization of structure has taken place, a judicious selection of such stimulating, expectorating, soothing and healing remedies, volatilized as in our system of cool medicated inhalation, and in warm water and medicated air, when necessary to arrest at once the further progress of this disease, subdue the inflammation, cause a free and easy expectoration of the tough and diseased secretions thrown off, the mucous membranes and glands brought back to a normal healthy condition, and the parts healed. And we do not overlook the grand principles of treatment to support the constitution, correct disordered function in the organs

of digestion and assimilation, and enrich the blood by the necessary remedies the constitution demands to supply the fountain with the materials to heal the diseased structure. Under our improved system of Cold Medicated Inhalation, and the Medicated Air Chamber, Bronchitis, Laryngitis, and Bronchial Consumption become uniformly curable.

ASTHMA; NERVOUS, SPASMODIC, AND CONSTITUTIONAL.

Among the numerous affections and diseases to which the lungs and air-passages are subject, producing the most immediate, distressing, and anxious symptoms, yet attended with less danger, stands foremost, **ASTHMA**. It is characterized by sudden paroxysms of laborious breathing, threatening the victim, apparently, with suffocation. It comes on, for the most part, in the latter part of the day or in the night after the victim has gone to bed. For several days previously he has felt indescribable uneasiness and languor or lassitude and derangement of the stomach and digestive functions. Food has lost its healthy relish; he has no disposition to eat; belching of wind or gases from the stomach and a rumbling flatulency annoy the bowels; the Kidneys are excited to an increased secretion of pale or limpid urine. He retires to bed, and to sleep. At length he is awakened by a sense of suffocation—smothering; he rouses up, leans upon his elbow, and endeavors, by increased respiration, to find relief. He opens the doors and perhaps the windows for more air, yet finds no relief. His breathing becomes shorter, more labored, more distressing, and his anxiety is intense; he walks his room gasping for breath, feels a sense of tightness and stricture about the chest as though a cord was drawn tightly around it; his breathing becomes more and more anxious, more labored, attended with a loud, harsh, husky sound, as though the air was drawn through a thick, rough cloth. His eyes stare wildly and start from their sockets; the sense of suffocation and difficulty of respiration still increasing, he springs to a window, and even should it be a cold winter night, he leans out, and sometimes spends hours there, exposed to the cold, insensible to its effects.

We have known victims to suffer in this manner so extremely that they remained with their heads and chests out of the window exposed through an entire cold night.

The paroxysm may terminate in the form of a moist secretion and expectoration from the lungs: when that takes place, it affords great relief, and the fit gradually wears off. There have been many instances where the paroxysm has continued with but slight intermis-

sion for several days in succession. The immediate CAUSE for these distressing phenomena is a spasmodic closure of the bronchial or air tubes.

It will be seen by looking at the diagram above that the muscles are circular, and when the nerves, distributed to these muscles, are greatly irritated, and become exaltedly sensitive, the muscles of the air-tubes partake of the morbid sensibility, and close up violently, in the same manner that the muscles of the leg are affected when cramped. It is, then, to use a common expression, no other than a severe cramp, or spasmodic contraction of the air-tubes.

Whatever it is that breaks down and enervates the powers of life, producing debility and sensibility of the nerves distributed to the air-passages, and derangement in the functions of the Liver, the Stomach, and morbid condition of the blood, the immediate exciting cause appears to be a specific poison in the atmosphere to which the victim becomes specially susceptible; hence, in this painful disease, the TREATMENT demanded is both local and constitutional. The paroxysms may be immediately relieved by inhaling our Anti-Spasmodic Medicated Vapor.

In no one instance of excruciating agony to which the human system is liable, are the benign effects of our newly discovered system of medicated inhalation capable of giving such instantaneous relief, as in spasmodic asthma.

We have had occasion in our general practice, as mentioned in our large work, to attend and stand by the suffering patient an entire day and part of the night, and administer medical agents, that had hitherto been considered almost a specific, by the stomach, keeping the patient in a distressed condition of nausea, and adopting every means that had been devised, without any but temporary relief, and the return of the most aggravating suffering, so that the patient longed for death to relieve her; and at length called her children about her, shaking their hands, and bidding them farewell as they retired for the night, hoping, ere the morning dawned, to find relief in death.

When at this distressing emergency we administered the Anti-Spasmodic Vapor by inhalation, and, in less than 15 minutes, the suffering and paroxysms were dispersed as by a charm.

The contrast in this case, so striking, from intense agony to instantaneous relief and freedom, can only be appreciated by the experienced physician, or the mother, whom, in his vocation, he has witnessed suffering the extreme prolonged agony of parturition, which is instantaneously relieved by birth.

It is not necessary, in order to make our treatment perfectly curative, that we should see the victim. We only need a description of the case, and we forward the necessary vapors prepared especially to meet the emergencies of each sufferer. He is provided with a strong Anti-spasmodic vapor, so concentrated that, by diffusing a few drops on a sponge in the inhaler, and taking but a very few breaths, a stop is put at once to an approaching spasm or paroxysm. Intermediately or subsequently, he is provided with another tonic, or expectorating vapor, as the case demands, to clear from the air-passages and cells all offending matter, and at the same time arouse a healthy circulation and restore a normal energy to the nerves; while, simultaneously, we administer such constitutional remedies as each case requires to cure disordered function or remove morbid principles from the blood; to cleanse the fountain of life, that its tributaries to the lungs shall be pure; and put a stop, at once, to a predisposition or susceptibility to all miasmatic influences. In this case, as in all others of a similar character, the Goddess of health must be invoked by an inductive philosophy and a rational adaptation of means to ends, in conformity with the great constitutional law that develops human life and health, *which, alone, is perfect harmony.*

A STRIKING CURE OF A MOST AGGRAVATED CASE OF LOSS OF VOICE, (APHONIA,) LARYNGITIS, BRONCHITIS AND HOARSENESS, COMPLICATED WITH GREAT DERANGEMENT IN THE DIGESTIVE FUNCTIONS.

From W. S. Aumock, Principal of the Amsterdam Academy, Amsterdam, Montgomery Co., N. Y.

DR. STONE: DEAR SIR: About a year ago, I took a severe cold one day, and awoke the next morning to find myself literally speechless—not being able to utter an audible word. Thinking it to be a temporary hoarseness, to which I had been occasionally subject from overtaxation or protracted use of the voice, I neglected it for some days, trusting to the recuperative energies of nature. Aphonia still continuing, however, I began the use of domestic remedies recommended by various friends; then applied to a regular physician, who prescribed gargles, and used the probang with slight relief; then tried a few of the infinitesimal doses of the homeopathist, but all would not do; they did not reach the *seat* of the disease, which was chiefly in the larynx, and apparently extending toward the lungs.

In the mean time I was obliged to resume my school duties, which,

of course, were performed chiefly by proxy under my personal supervision, but with great inconvenience both to myself and the school.

At last, when I began to despair of a cure after repeated trials of six or eight weeks, and a change of vocation seemed almost imperative, I was referred to DR. STONE, of the *Troy Lung and Hygienic Institution*, as most likely to restore my health and speech. Like a drowning man I caught at what, I frankly confess, I then considered as a *mere straw*, and paid him a visit.

He pronounced it, at once, a serious case of "*disease of the larynx, throat, and bronchia, with complications of derangement of the digestive functions*," to which I had been for years more or less subject; but was confident of effecting a cure by general and local treatment. So ready and clear was his diagnosis of the case, and so confident was he of success, that I gladly and trustingly placed myself under his care and directions.

The inhalation acted almost by *magic* on the vocal organs, and in three days I was able to resume my official duties in the school-room, conducting all my recitations personally, while the use of the general remedies, with the dietetic and other sanitary observances prescribed, gradually restored all the functions to their normal activity, and in less than a month I was in a better condition of health than I had been for years before.

I make this statement as an act of justice to DR. STONE, and with the hope that I may, through him and the Institution he represents, be of some benefit to suffering humanity.

AMSTERDAM, N. Y., July 10, 1862.

W. S. AUMOCK.

P.S.—I send you the inclosed statement of my case last year, and its cure. If you are suited with it, you are at liberty to use it at your discretion.

W. S. A.

Seventh Section.



FEMALE WEAKNESSES THE GREAT CAUSE OF CONSUMPTION.



THAT complex and mysterious organism peculiar to the female sex, which this cut is intended to illustrate, necessarily entails upon them a thousand mysterious and untold sufferings of both a mental and physical nature, for which they receive too little sympathy, from their husbands, if married, and often too little from their immediate friends—on the contrary, and not unfrequently, cold and inhuman treatment as a compensation for their generous endeavors and unrequited toil.

The reproductive organs are the master-piece of God's human organism. An immortal being, with all his attributes, can not be developed with organic, individual life, embodying every atom possessed in the great cosmos of nature—the ultimatum of the skill of the Divine Architect—which is preëminently possessed by man over and above all other orders of organic life, without a structure so formed, so contrived, so complex in its nature as to convey the mysterious principles of the soul, vitality, and the intellect, with all its numerous faculties, into a minute germ, and then clothe it with the physical body, to be built up, atom by atom, mysteriously and almost imperceptibly from surrounding physical agents.

Such is the wonderful structure which you see in the female system, which is so small in normal virgin life, occupying such a small space in the lower part of the body, yet, when impregnated with this vital germ, capable of enlarging in a few short months and developing an offspring of 10 or 12 pounds or more, with other appendages.

Will such of the opposite sex who are so callous and unsympathizing in their disposition, stop and reflect upon the mysterious process that has been carried on in the constitution of the mother; the sympathy of the *matrix* or womb with the great battery—the brain and nervous system—in the performance of its vital function of imparting the nerve forces through the thousands of telegraphic wires embodied in the ganglionie and the organic and great sympathetic system of nerves?

When you take into consideration that the brain sends its innumerable wires to the lungs and to the heart for the purpose of carrying on respiration and circulation; to the stomach and neighboring organs for the purpose of digestion and assimilation to impart the vital current; and that, during this entire process of fetal development, an entire new and independent system of circulation, and nervous action is established and kept up, making its constant and yet mysterious demands upon the great battery of life, independent of supporting the daily needs of the body for nutrition: can you begin then to fathom, or have but a faint idea what must be the feelings of the mother in now being made the humble instrument in the hands of the great Creator of moulding, perhaps, some mighty genius who is to move the world!

The wonderful sympathy with the stomach, produced by the growing germ, demanding nutrition; with the heart, demanding blood; with the lungs, demanding its vitalization; and with the cerebrum, demanding vital force at the same time, must change all her feelings in proportion to the new and wonderful processes which are now going on in her organism; hence, come the anomalies of nervous diseases on her part; an appetite, a longing entirely new and out of the natural course; a longing as uncontrollable as it would seem disgusting to him, yet all inexplicable to herself; without one act of volition or induction, but springing from the demand made by the new soul life in the developing germ which he has imparted to her constitution.

Let him, who has voluntarily been the coagent or instrument in bringing about this new wonderful, and mysterious condition—I repeat, let him, before he makes her wretched by withdrawing his sympathies, or coolly and rashly repulsing her, take into momentous and

awful consideration, that he alone is responsible for imparting the mysterious appetites now being developed in her from his long-continued indulgences and dissipation—tobacco, or uncontrolled animalization—which, for a long time he has indulged in his own system; and that he alone imparts the animal appetites—not the mother.

We have made this brief explanation of the great processes in the mysterious organism of the reproductive system, to show their direct sympathy with the lungs and respiratory organs; and how Consumption is developed from diseases which, in innumerable instances, have their origin and seat in the womb, the ovaries—the sexual organs.

The disorders to which modern females especially are given to, come on as silently, often as gradually, and lay their foundation as firmly in the constitution as the structure is complex and mysterious in its nature. A disease, inflammation, for instance, will exist for a long time in the neck of the womb, increase its size enormously, and frequently run into a low and obscure stage of ulceration before any manifestation is made by pain or suffering locally.

This is another peculiar feature in the organization of the structure. The nerves distributed to the neck of the uterus have but little sensibility, compared with the different set of nerves which is distributed to the cavity and lining membranes of the body of the womb. So the same explanation obtains in those silent diseases manifested in the ovaries—those two round bodies which you see in the cut on each side of the body of the womb.

Though the periodical function of a female, in a state of perfect health, is one of a physiological or strictly natural character, and would, in a perfectly healthy organism, be unattended with pain, like other functions of the body, yet rarely is this the case with females of the present day; the function generally becomes one of an abnormal character, causing the general health to suffer more or less every month. Some females go through life suffering, during the period and a few days after, intense pain at the lower part of the abdomen, through the loins and back, completely prostrating them, with disturbance of every function, loss of appetite, inability to digest food, depression of spirits, headache, despondency and general languor or lassitude, from which she will hardly recover after one period before the recurrence of another; hence, her whole life is one of suffering; and in a constitution inheriting any predisposition to Tubercular disease, or other maladies, which are frequently entailed, they are sure to be called into action and prematurely developed in her constitution, which, otherwise, might have lain dormant.

DYSMENORRHEA, or painful menstruation, commences with puberty, occasioned, in hundreds and thousands of cases, by repelling the blood from the extremities and the surface by *insufficient clothing* and *thin shoes*, and the lack of nutritious food to develop iron and fibrin, and the vital principles of the blood which go to establish and keep up this great function; and, for the lack of which, it is often suppressed.

Again: The continuation of this unhealthy exposure of the body produces a chronic thickening or congestion in the minute bloodvessels and membranes of the womb, which, with those already enumerated, are the causes of their painful menstruation and ill-health.

Again: Prolapsus, or falling down of the womb into the vagina, is now a very common and almost invariable attendant upon every female—as common in virgin, as in married life. This will be surprising to many who think that none other than married females are liable to prolapsus. This erroneous idea has been the cause of immolating thousands of young and tender females, during the period of adolescence, upon the altar of that fell destroyer—*Consumption*.

Why is this?—If you take one glance at the cut, you can have at least some slight conception. The Uterus, or womb, is an organ almost isolated from the other parts of the body, held suspended by two round ligaments, its neck poised on the top of the vagina, having no other material support. The invariable practice or custom of females, especially the young, is tight dressing, hanging a mass of skirts or underclothing drawn tightly about their waists, compressing the lower part of the chest, the lower lobes of the lungs, the stomach and the liver with the diaphragm—the muscle above—all inwards, and at the same time, downwards. It follows, of necessity, that the organs above, crowded out of their natural place, down upon the abdominal viscera—the bowels—will crowd this organ downwards out of *its* place, from its slight attachment; hence, it follows to an absolute certainty that there is not one virgin female in ten, who is not affected with misplacement or derangement of these organs, designed by Omnipotent Wisdom for the performance of such a wonderful function.

Will you wonder longer, then, respecting the awful prevalence and fatality of that class of maladies known as *female weaknesses*?

The cuts which we introduce into this section are designed to illustrate the position and carriage of the body as it is developed by prolapsus, and the effect produced by the wicked habit of dress, to which we have referred, in deranging the whole internal structure. But before closing, we wish to illustrate more clearly than we have

already done, the sympathetic powers of the uterus and its structure, with every other part of the body. We can not do this better than in the language of the learned Dr. Tyler Smith: "There is nothing in the whole range of physiology or pathology more extraordinary than the fact that the gravid (pregnant) uterus, without itself being the seat of special pain, irritation or disease, shall excite fatal disease by reflex irritation in some distant organ. In this way pregnant women may be destroyed by secondary disease of the brain, heart, lungs, kidneys, stomach, or intestines; in fact, there are, in particular cases, unlimited poisonous influences excited on the rest of the economy by the gravid uterus."



The left-hand figure shows the womb fallen down into the vagina. The right-hand figure the same affection, with fallen or displaced bowels, as she appears dressed and in society.

This quotation conclusively proves what we have learned by our vast experience of Pulmonary Consumption. We rarely meet with a case of consumption in females who are not suffering more or less

from some derangement or great disease of the sexual organs, and that, on minute investigation of the case, we have found that these constitutional or abnormal symptoms which we have mentioned, existed for some time before a cough, or shortness of breath, or other more prominent symptoms of disease in the lungs began to be thought of. We have, therefore, investigated this class of maladies with an interest seldom felt or manifested by the general practitioner; and in studying diseases peculiar to the respiratory organs, we never have lost sight of predisposing causes; of tracing, as before observed, external symptoms or manifestations through the long chain of connections back in the constitution to their first causes; and in adopting our system of treatment, *by inhalation*, for the suffering of the lungs, we should never perfect a cure of consumption did we not adopt, also, a system of local and constitutional treatment, equally as efficient, and more imperiously demanded to remove the great predisposing causes which have been going on in the reproductive system—the sexual organs. And we would say here, that our treatment is as efficient and as successful for their use at their own homes, as our medicated inhalation is for the lungs, as we have explained in the commencing part of the book.

Eighth Section.

RHEUMATISM AND NEURALGIA.

IN rheumatism the fibrous or muscular structure is immediately involved in the seat of morbid action and suffering, while neuralgia affects the nerves only, which phenomena form the two great distinctive characteristics.

You will ask me the question, "Does not all sensation or pain come through the medium of the nerves?" Yes; but then, what is the difference between rheumatism and neuralgia? for neuralgia means no more than a painful affection of the nerves; ergo, rheumatism is neuralgia. I grant that; but look a little further: in rheumatism, the muscles through which the nerves are distributed, are involved in inflammation, and to move them, causes the most excruciating torture; while, on the other hand, when the disease is one confined to the nerves alone, the muscles, joints and limbs are left free from inflammation, or stiffness or soreness, and may be moved without adding to the pain.

Go with me a little further, and understand clearly the more imminent danger that always attends rheumatism, though it is less excruciating in the intensity of pain than neuralgia.

Neuralgia will occur so suddenly and so violently, producing such intensity of agony that it prostrates the strongest minds and enervates the most courageous, making the hero but a child. Now, understand that the seat of rheumatism is in the circulating system—in the blood.

As the arteries carry the vital stream from the fountain—the heart—to distribute it throughout every part of the body, for its enrichment and maintenance, it loses its vitality in the minute ramifications of these vessels, and has to pass over—understand—into the venous system, or veins, to be again returned to the right side of the heart, to pass once more through the lungs to be oxygenated or vitalized.

Now, you will ask the question, "How does it get from the arteries, in which it is red, over into the veins, where it is purple or black—full of poison?" I answer: through a minute network of connecting vessels called the capillaries; so small that it requires a microscope of intense power to perceive them.

Here, then, you have the seat and effect of rheumatism. It is in the blood; a disordered state of the blood, the morbid or poisonous principles of which are arrested or become stagnant in the capillary vessels, which gives rise, by the intensity of its poison, to the awful suffering and danger which attend this disease.

Again: Rheumatism is attended with the most imminent danger to the subject. Why is this? you will ask further. It is liable, to use a technical phrase, to sudden metastasis, or change and translation from the joints or the external muscles of the body, instantly to the heart, and arrest the power of that great vital force-pump, and all vitality is immediately suspended. It is in this manner that so many very sudden deaths by disease of the heart occur. The obstruction that has existed, perhaps for a long time, the stagnation and local irritation that these poisons in the blood have given rise to in other parts of the body, by some means that have been used, as a curative agent perhaps, have been overcome when, instantly, they have been carried in the tide of venous circulation to the heart, paralyzing its action by their deadly effects.

"Well," you will ask me further, "what are the great first causes for these very painful maladies?"—I answer: "Do they not exist in the blood?" Most certainly; for there is the fountain of all physical life, and external morbid manifestation. The difference, then, is here: In rheumatism, the blood is surcharged or overloaded with a collection of morbid or poisonous substances; as oxalate of lime, uric acid, urate of ammonia, the triple phosphates of magnesia, ammonia, lime, and many other poisons of which we have spoken in another part of this work; while neuralgia proceeds entirely from innervation, or an inactive or devitalized condition of the nerves; lacking in positive nerve force, because the blood is deficient in vital principles. And further: in this case of innervation and lack of nerve-development—vital force—the immediate cause of the pain may be miasmatic or ethereal entirely; in other words, a poison breathed from the atmosphere, so subtle, so ethereal in its nature as to cling entirely to the nerves, while the blood is uncontaminated by it.

Language can scarcely be used to explain more clearly the very different, in fact, totally opposite nature of these two diseases, yet which assimilate each other in their effects.

We have found this explanation to be absolutely necessary to enable its subjects to comprehend that treatment, to be effectual, must be administered in accord with the great principles which control life; namely, the laws of electro-vital chemistry. The essential antidotes or correctives must be judiciously selected by the scientific physician to neutralize these poisons in the blood, and cause them to be eliminated through their natural and proper excretories; namely, the kidneys, the skin, the liver and the bowels. This comprises the philosophy of blood treatment, and why the modern, progressive physician is enabled to prescribe, calculating upon absolute certainty, let the patient be where he may. It is, as we have before explained, an absolute law of the organism, that, when the conditions are right, as in every other great law, as certain results can be foretold or calculated as the revolution of the planets, which can be foretold a thousand years in advance.

The curative art depends then upon the physician understanding the law. Well, to carry out this true philosophy, based upon induction, what must be done to cure neuralgia? It follows as clearly as the sunbeams, to restore to the blood the vital principles which it now lacks, and which alone are capable of arousing the nerve forces and restoring its integrity.

But you will ask me further: "Where the exciting causes are atmospheric, or ethereal, and breathed from the atmosphere, how is that to be cured or removed?" I again reply: "When the brain and nervous system are entirely positive, possessing the integral vital forces, its powers of resistance are such as to repel any effects from inhaling, when it is imbibed; in other words, the constitution is not a fit recipient."

This philosophy then explains conclusively why cholera, diphtheria, and other devastating diseases will sweep through the country, selecting their victims here and there, and leaving large portions untouched, although all are alike exposed, because from the diseased or enervated state of one constitution, it becomes a recipient from the negative condition; while the others are positive and successfully resist it.

Here, then, again you have explained and illustrated the phenomena of human life in the two great forces — **POSITIVE and NEGATIVE ELECTRICITY.**

Ninth Section.

EPILEPSY OR FITS.

As direful and as melancholy as is the sound of pulmonary consumption to the ear made sensitive by repeated warnings, as is too commonly the case in those families of a hereditary taint, when it comes not only selecting its victims from the fairest and the most promising, but sweeping successively a whole family of children who have lived and withstood all the liabilities that surround the development of that tender period of life, in dentition, and passed through the age of childhood and approach to that of adolescence; to witness, as we have, in innumerable instances, a family of ten or twelve children, fully developed, swept off in a few short years, it is no more melancholy, we repeat, than the sound of EPILEPSY to the sensitive ear of the parent in other families where this opprobrious and dreaded disease is as much inherited.

It is a disease so strictly allied in its cause and pathology to consumption, that we can not do justice without making, at least, a brief explanation in this work. In fact, it is a connecting link in the same chain of cause and effect.

We have before said in the section on *dyspeptic consumption* that, if a person had tubercles, or the cause of tubercles existing in the blood, for safety to life it had better be developed in the lungs than any other organ in the body. Here, in Epilepsy, we have a perfect, practical illustration; for the same cause that gives rise to tubercles in the lungs is the cause of epilepsy. It is a morbid condition of the blood having its effect, or seat of development in the brain. The brain is lacking in vital healthy development of structure, it is weak and debilitated, approaching to a state of softening, and very often, before death, if the victim is not scientifically treated, terminates in such an extent of softening as to produce fatuity, or complete idiocy.

Epilepsy is characterized by loss of sensation and convulsive mo-

tions of the muscles; frequently the fits attack suddenly; in others, they are preceded by indisposition, vertigo, and stupor itself before the loss of consciousness takes place. A sensation of cold vapor is felt running over the system; but generally, the victim suddenly falls down frothing and foaming at the mouth, with spasmodic contractions of the muscles of the face and jaws, tongue protruding between the teeth, and very liable to be bitten unless fortunately prevented by others. The fit may continue from 20 to 30 minutes or more, and sometimes the victim but comes out of one before he goes into another; and a succession of five or six may take place.

In the subject of predisposed epilepsy, the immediate exciting causes are numerous; sometimes very mysterious; but often can be traced to worms, to over-eating, eating indigestible unhealthy food, unripe fruit, or eating at unseasonable hours, before retiring to bed; a sudden fright, or any thing that will give rise to sudden emotions; as, joy or anger; but, we repeat: the great sustaining causes are the morbid condition of the blood; it being poor and impoverished, combined or not with a latent or immediate predisposition on the part of parentage or ancestry; where the predisposition can be traced, it is surely developed by a negative condition of the brain and a morbid state of the blood.

This history, then, is all that is necessary for us to give to convey to the readers or the subjects the true principles on which to base their hopes of cure; and in no one instance in the long catalogue of melancholy diseases, hitherto deemed, not only opprobrious, but entirely incurable on the part of the old-school system of practice, has the progress of modern medical science made greater developments and obtained more brilliant light to crown the arduous efforts of the diligent inquirer into the profound philosophy of the animal economy, than in Epilepsy. He strikes at once, as with an eagle eye, through the great chain of morbid action to the fountain head, from which spring all causes. He seeks to unravel link by link, from nice induction and keen observation as he goes on, patiently tracing the connection of one nerve with another up to its starting-point in the cerebrum—the upright lobes of the brain where the Author of our life has placed the citadel of the soul itself. He seeks there to discover in this wonderful structure, which comprises the battery to generate vital force, what can be the cause of disturbance in the harmony to give rise to this sudden and painful manifestation that in one instant of time strikes down the most promising child, depriving it of all consciousness and power to recognize, embittering the fondest hopes of the mother, and blighting the ardent anticipations of the father.

In view of this, the heart of the true philanthropist is touched with sympathy at the grief and disconsolateness with which the uncertainty attending medical practice has hitherto surrounded them.

He comprehends by the effulgence of the new light imparted, by every step of progressive inquiry to the more rational and consistent conception that God has linked the physical organism and structure of man in harmony with his great designs, that he has not permitted a physical ail without providing an antidote or remedy for its cure. No inharmony or discord maintains in his all-wise designs; the only stumbling block has been ignorance and want of capacity on the part of those who have mistaken their calling or vocation in life, and who, instead of adopting the healing art as their profession, and destroying life by mal-practice and misguided reason, should have chosen a mechanical trade, or the humble yet meritorious occupation of the farmer.

God in the mysteries of his providence has provided a way for genius in the healing art to possess the power of healing now as in the days of the Saviour. As revelation, philosophy, and Christianity emphatically reply, "To some was given the gift of healing."

What, then, I ask you, is required to encourage and bring consolation and hope to those laboring under such a direful and discouraging affliction? Intellect, genius, and industry that shall accomplish the possibilities. To become renowned in the annals of fame, the navigator penetrates to distant climes, braving the dangers of the ocean and setting at defiance the horrors of shipwreck. To become wise the student pores o'er the lettered page; exhausting the vigor and energy of his youth o'er the midnight lamp. Shall the true physician, then, stop short of realizing trophies of a less dazzling, but not less valuable achievement, and make the discoveries to administer the balm of relief for every wound?

Tenth Section.

SCROFULA THE GREAT CAUSE OF CONSUMPTION.



Goitre or Scrofula of the Neck.

HAVING briefly, though very pointedly illustrated the meaning of the word *scrofula* under the name of scrofulous or *strumous dyspepsia*, we will not detain the reader to go into any great length in this section, which, however, forms a theme of momentous interest to every one; to those who are in good health as well as those who are sick; for so indifferent are mankind generally, when in health, in regard to their *ingesta*, or the articles of food they so indiscriminately heap into their stomachs, that they are daily and

hourly laying the foundation of disease in the delectable morsels so artistically prepared to please their palates; they little think, when eating with so much gusto, that they are all-silently, ignorantly, and unobservedly swallowing the egg which is to be nourished and developed in their stomachs or systems, and become the *viper* that will take their lives; and that, very often, in the most wretched and awful manner.

We have explained that the word *scrofula*, in the original, comes from *sow*; and hence, the edict among the Jews prohibiting its use. Happy would it have been for the Anglo-Saxon race, had the edict extended in full force to the present era; for, to the very general and indiscriminate use of this article of food, we have with one exception, the great cause for *scrofula* in the numerous hideous aspects which it daily presents to the observing eye of the experienced physician.

The cut introduced at the head of this section clearly illustrates one form that scrofula assumes in the constitution of some, manifesting itself in the *thyroid gland* of the neck, called GOITRE. This manifestation of the constitutional malady is very common in Switzerland, Prussia, and parts of Germany, and observed more particularly among that class of people in this country; though we are beginning to notice it prominently among our native-born citizens, especially in those sections of the country where local causes of water and air combine to generate it.

Scrofula, then, is a peculiar morbid condition of the blood, generally manifesting itself in the *glands* of the system; in enlargement of the tonsilary glands of the throat, elongation and thickening of the palate or uvula, tumid glands of the bowels in children, swelling of the knee-joints, dropsical effusions affecting the joints, tumid lips and eyelids, weak and sore eyes, with aversion to light. In all such subjects the blood is greatly deficient in vital principles; it is impoverished; greatly preponderating in lymph or albumen; and for want of fibrin and iron to attract oxygen from the atmosphere, the blood is very imperfectly oxygenated, or decarbonized; hence, a preponderance of lymph of a cold and phlegmatic nature accumulates in local depositions in these parts of the system. It lays the foundation for tubercular consumption in thousands and thousands of instances; particularly so, among those who have been the subjects of the old-school system of treatment, and have been victimized with mercury, calomel, and other mineral poisons. In such subjects and constitutions, the blood is so changed that, where there is any predisposition to disease of the lungs, or the lungs have become weakened and irritated by mechanical exposure, unhealthy trades and occupations, confinement to small rooms in-doors, breathing impure air, then the lungs receive the blunt of morbid action instead of the glands as in other constitutions, and tubercular deposit is the consequence.

Scrofula, again, manifests itself very generally in spinal diseases, spinal irritation, spinal curvature, and affections of the hip-joints: it is none other than tubercular matter deposited in the cartilages between the different joints of the spine and in the membranes covering the joints of the hips and the bones; in technical terms, the *bursa*, or the membranes which secrete the joint matter; any thing that affects these local parts of the body to cause debility, innervation, the want of use, want of proper exercise and physical development, local injuries, falls, or whatever predisposes them to become the recipient of a morbid condition of the blood. Delicate females,

who sit and sew, and lead sedentary lives, combined with tight dressing or lacing so as to obstruct the circulation of the blood, are peculiarly liable to scrofula of the spine, resulting in curvature.

One of the most aggravated cases of this nature that ever came under our observation, in the male sex, was brought on by spending a great deal of time in swimming in fresh water. The muscles of



This cut represents true to life a subject of Scrofula developed in youth by pandering to the passions, producing marasmus or wasting of the juices of the blood, and thereby softening and caries of the bones of the spine, inducing abscesses and consumption at the age of twenty-three years, which was arrested and cured under the treatment of Dr. Stone, of the Troy Lung and Hygienic Institute.

the spine and loins were greatly relaxed by the consecutive hours of immersion, and weakened or exhausted by the excess of exercise which the peculiar motions of swimming demanded from those muscles.

The cut of spinal curvature here introduced illustrates this subject as brought to our notice with some five ulcers in different parts of the back and spine. He had been prostrated to the last stages of scrofulous consumption—Marasmus—entire emaciation of the muscles, and wasting of the vital fluids of the blood. Even in this low condition of his system, we had the satisfaction of restoring him to very passive health, as was certified at

the time by the editor of the *West Troy Democrat*, who personally saw the subject—Mr. Abbott—several months after he came under our care.

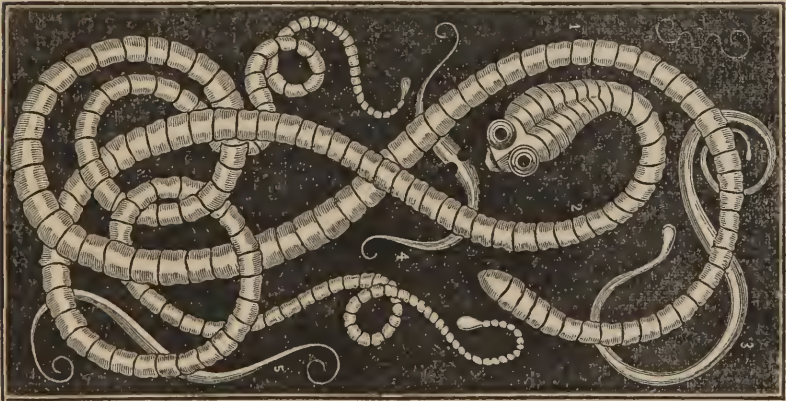
Case of Thomas P. Abbott—Striking evidence of the Skill of Dr. Stone.

We have had occasion frequently, in our editorial capacity, to speak of the great success of Dr. Stone, physician to the Troy Lung and Hygienic Institute, in curing Consumption and chronic diseases. We have had, to-day, an ocular demonstration of his skill, in the person of Thomas P. Abbott, of Windsor, Vt. Mr. Abbott is a young man of about twenty-four years of age. Last January he was

confined to his bed, with seven large abscesses on his back and spine—suffering extreme pain and restlessness—his limbs drawn up to his body, and prostrated to an extreme state of emaciation and debility, with a harassing cough. In this condition he was attended by many physicians of the neighboring towns and vicinity, among them a distinguished professor in a medical school, all of whom gave his ease up as utterly hopeless, and left him to die. In this forlorn situation he wrote and stated his case to Dr. Stone, and was induced by the Doctor's encouragement to adopt his treatment. Suffice it to say, that in two months' time Mr. Abbott had improved so much as to be able to walk out of doors. He has continually and steadily progressed under the Doctor's scientific and discriminating plan of treatment, so as to be able to ride to Troy a few days since, and exhibit himself in person to the Doctor for the first time.

In the mean time two of the abscesses healed; the excruciating pains have, in a great measure, subsided, as well as the cough. Any one that is longer skeptical of the great skill and success of Doctor Stone in curing obstinate chronic diseases, let them *now* go to the Institution and see and hear from the lips of Mr. Abbott, personally, as we ourselves have done, the almost miraculous improvement and restoration in so short a time, from what was considered a death-bed.

PARASITIC SCROFULA. TRICHINIA; TÆNIA.



This cut represents the *Tænia Solium*, or Tape-worm, which was dislodged from a patient after being its subject for nine years, and having been reduced to the brink of the grave by its pernicious effects.

We come now to speak of that horrible form of scrofula which we have ignorantly and silently nourished in the shape of a viper, and

to which we at length become willing yet melancholy victims. It seems to be one of the mysterious laws of creation, that one tribe of insects and animals shall live by feeding on, or consuming another. "Eat or be eaten" seems to be the governing principle of almost all the lower orders of animals, especially the carnivorous.

Well would it have been for man had he appreciated the superior endowments which distinguish him from the brute; but whatever may be said of the ennobling, God-like principle of his nature—reason—which should constitute his unerring guide, he has ever given way to the same destructive passions of his nature, as evidenced in the inhuman destruction and consumption of his fellow-man, as in cannibalism—for, with one exception, man is the only animal, save the hog, known to devour his own species—and cultivated, without restraint, appetites which he has sought to gratify in that which never was designed, in the constitution of his nature, to be his food.

So long as the natural grains, vegetables, herbage, and the delicious fruits of the fields and forests constituted the food of man, he enjoyed health free from disease, with serenity of mind, elasticity of step, buoyancy of spirits, and at length was crowned with complete physical power and development, and longevity; but no sooner did he give way to the cultivation of artificial appetites and the use of animal food, than new diseases became manifest, and have multiplied into so many mysterious forms and characteristics that they almost bid defiance to the keenest perceptions of the scientific and experienced physician.

In the more luxurious walks of life, sudden deaths are ever and anon occurring. The cause has generally been so mysterious, at the time, as to be pronounced in the papers and by the coroner's verdict, "a visitation of God." Until very recently, ignorance has served to gratify and blind other faculties of our nature—marvellousness and credulity, which seem to be almost aliment and natural sustenance for the mass. But it so happens, in the providence of God, that there can be no effect without an adequate cause; and the cause has been obscure or hidden simply for want of a right, or persevering amount of application to investigate it.

The rapid strides that science has made within the last few years, in bringing to our aid the inventions of art, in the microscope and other new facilities, afford us the means by which to determine the cause of these many deaths, which had been deemed inscrutable.

The indiscriminate use of pork throughout the United States, as in other portions of the world, has been the cause of more sickness and physical suffering than any other one article of food which is used;

and while its votaries were so deliciously consuming it, they were little aware that they were carrying into their stomachs the eggs to develop the Trichinia, Tapeworm, and many other forms of parasites, which, sooner or later, become developed, and in thousands of instances, prove fatal to life.

The tapeworm has ever been found in the human subject throughout the United States, and when known, has almost bid defiance to medical art to treat successfully, such is its tenacity to life, and so determined to propagate itself from a single germ, though large masses have been removed; but Trichinia, another form of worm or parasite which hogs are extremely liable to propagate, has not been known so well until very recently.

Some two years since, members of, or whole families—five or six in a family and more—near Buffalo, N. Y., and in other western portions of this State, were destroyed by eating sausages made from the flesh of swine containing the eggs of this parasite.

The law that governs the habits and propagation of such parasites is yet but little understood. They appear to propagate and spread, either through a miasmatic agency, or by a general diffusion of agents through the country and the world, which they have facilities to obtain; or, perhaps, as food which man does not now generally recognize, but which is fully explained in the letters on physiology by Professor Voght, of Geneva: "At the present time, the destruction of human life by the use of pork infested with these parasites, in Prussia and Germany, is truly wonderful and melancholy to think of."

We can not better convey this intelligence than by copying a letter written by the Hon. Wm. M. Murphy, Consul-General of the United States at Frankfort on the Main, under date 3d Jan., to a friend in Chicago:

"I read with much pleasure of the introduction into Congress of your resolution prohibiting the introduction of foreign cattle.

"We have a disease here among the hogs which creates great consternation, which the Germans call Tryschenen. It is a little insect which is perhaps swallowed by the hogs, and gets into their stomachs, and seems to propagate there by millions. It follows the muscles of the animals particularly. It is so small as to be hardly seen by the naked eye; but we have had them exhibited under a microscope of a six hundred magnifying power. There are all sorts of rumors of death to persons eating pork. The disease has not as yet come within one hundred miles of us. The little insects are reported by some to exist in the lower part of the sugar beet which is

fed to the hogs. Some of these insects have been thrown into all sorts of strong chemicals, and lived in them. Boiling heat of 212 degrees will kill them. They have been found alive in boiled ham where the hot water did not sufficiently penetrate. In Germany, you are aware that ham is eaten quite raw. Death is reported to have been caused by eating sausage when the insect was living, the pork not having been sufficiently smoked. The disease commences in the human being with a severe cholera morbus, which soon results in death. Some allege that the cases that have been reported as cholera were the result of this disease. At any rate, pork is now very cheap, and only eaten by poor people. All other meats have risen largely in consequence. Our city authorities have appointed a commission of a dozen scientific gentlemen to go to the location of the disease and investigate it. Professor Virchow, of Berlin, the celebrated scholar, has made many experiments, and so have other scientific men. They differ much in their conclusions. It is a ruinous thing to the farmers who raise pork in that neighborhood very extensively. I think the disease was first known last winter, near Magdeburg, in Bremen, but it did not extend any distance. I did think of sending you some of the little insects for inspection with the microscope, but found it impracticable."

We have still further accounts of the fearful scenes produced by this parasite infesting the human subject, in the following:

"Dr. Pouchet, who has charge of the scientific department of the *Avenir National*, a Paris journal, gives a frightful account of the new plague which is committing such havoc in Germany. The particulars given by Dr. Pouchet are taken from a private letter from Dr. Karl Stein of Frankfort, dated the 9th ult., as follows:

"Edersleben is a little town in the environs of Magdeburg—one of those little German towns that seem the abode of peace and rustic felicity, where no noise is heard save the merry clink of the glasses at the bier braucerei, and the jolly tones of the drinkers calling for another glass all around. Well, this little town, so smiling and happy, is now filled with mourning and desolation. For a whole month past, death has reigned there. A fearful death after unexampled sufferings; and those who are acquainted with the nature of the disease, know that they are being eaten up alive by a legion of worms hardly so thick as a human hair, that have worked their way into the tissue of their flesh, their muscle and their nerves. Is not such a fate horrible to dwell upon? On the 9th of last month, Dr. Karl Stein, of Frankfort, wrote to one of our friends that upwards of one hundred children—for they appear to enjoy an immunity—had been deprived

of their parents. There was hardly a house in the village that did not number a victim. At that date upwards of three hundred patients were awaiting death, which they knew to be inevitable—a prey to fearful sufferings. From seventy to eighty of the inhabitants who at the outset of the epidemic had felt unwell, had taken to flight, to escape from what they considered to be the cholera; but they had fallen down on the roads and died without relief. Their corpses alone were picked up. The epidemic, Dr. Pouchet proceeds to say, was caused by the ravages of the worm called trichine, whence the epidemic has received the name of trichinosis. The trichine is one of the *entozoa* of the pig, and it is capable of being transplanted into and thriving in the human body. In Germany, pork flesh, imperfectly cured and smoked in the shape of ham and German sausage, is a staple article of food, and from the human stomach, where they penetrate with the ham and *saucisson* dear to Germanic palates, the larvæ of these *entozoa* pass into the blood, their size being so microscopic as to enable them to penetrate even into the minutest veins; they lodge in the nerves, in the muscular and cellular tissues, and feed upon those parts of the human organization, causing fearful agony and great constitutional disturbance, which ends in death. No cure has as yet been discovered, but the preventive process is obvious. To abstain from such preparations of pork as are eaten in a semi-crude state is a sure means of avoiding “trichinosis;” but to eat half-smoked *saucisson* and raw ham cut in thin slices, is as general a custom in Germany as smoking or beer-drinking. Hence the rapid propagation of the disease, as a simple slice of ham or German sausage may contain larvæ of millions of these parasites. In Germany the morbid pathology of the ravages caused by this formidable destroyer has been carefully investigated within the last few years. Dr. Virchow, of Berlin, (known as the opponent of Herr Von Ris-
mark, but whose scientific reputation far exceeds his political fame,) has made extensive experiments on the subject, from which it appears that in addition to man and the pig, rabbits and mice are liable to be trichinized, but that the dog, sheep, ox and pigeon are not.”

We called public attention to the importance of this subject a few years since, in our large volume on Consumption and kindred diseases, in which, we have a lengthy section, going into full details, and making many quotations from Voght, Virchow, and others.

Notwithstanding all our cautions, the inordinate use of this unhealthy food still continues, physicians sneering at the idea of there being any danger or unhealthiness in its use.

We are encouraged to redouble our diligence and our philanthropic

exertions when we read that the distinguished Virchow, Professor of Microscopic Anatomy in Berlin, has been confronted by an antagonist from the ranks of old-fogyism, who, however, paid the penalty of his presumption by the sacrifice of his life.

"The German 'trichiniæ' disease: The following appears in the late foreign news:

"At a public meeting held at Berlin, Prussia, to consider the disease, a piece of smoked sausage and a piece of pork, both infected, were exhibited, and after Prof. Virchow had urged the necessity of a microscopical examination of all pork, a veterinary practitioner named Urban rose and combated all that science has acquired during the last five years as an unfounded illusion. 'Trichiniæ,' he said, 'are the most harmless animals in the world. It is only doctors without practice who make a noise about them in order to create some occupation for themselves.' Then being challenged to eat some of the sausage, he took a piece of it, and five days after his arms and legs were paralyzed. The Berlin butchers have agreed to have a microscopic examination of all pork hereafter."

When we have a few more such frightful cases in our own country, near home, as the one that has taken place in Detroit, the public mind will begin to be awakened to the importance of our philosophy.

"One case of the epidemic called Trichinia, which has recently excited so much alarm in Berlin, Prussia, has appeared in this city and proved fatal. The victim was a young lady, a German, who was taken ill some time since, and called Dr. Herman Kiefer to attend her. Dr. K. was at first unable to tell the precise nature of the disease, but finally became convinced that it was of the same nature as the Trichinia, which has been known for some years in Germany, and which arises from the eating of diseased pork. The *Trichinia Spiralis* is a small microscopic worm or animalcule, which was first observed by the distinguished anatomist, Richard Owen, in 1835, and is found in the muscles and intestines of various animals, especially pigs and rabbits, in such enormous quantities that in a single ounce of pork, 100,000 of these animalculæ have been found. By partaking of the meat infected with them, they are transferred to the human body, causing intense suffering, followed in many cases by a painful death. Dr. K. did his utmost to relieve the intense sufferings of his patient, but his efforts to save her life were unavailing, and she died about a week ago. After her death, a *post-mortem* examination was held, which has resulted in proving beyond a doubt that the disease was Trichinia. A small portion of flesh about the size of a pin-head was examined through the microscope, and found

to contain large numbers of animalculæ, wound round and imbedded in the fibers of the muscles, exactly similar in appearance to the *Trichinia Spiralis*. This, we believe, is the only case of this disease that has ever been known in this country. Dr. Kiefer states that these animalculæ are not destroyed by smoking, or, as a general thing, by frying pork, but hard and long boiling is necessary to effectually destroy them."—*Detroit Tribune*, Jan. 30.

In our estimation, pork should never be used as an article of food; and when, in a few years, science and knowledge shall come to be developed and generally diffused with that rapidity that has characterized its onward march during the last ten years, it will be an object of disgust, instead of being swallowed as a sweet and delectable morsel.

HIDDEN CAUSE OF SCROFULA.

We can not do justice, however, to this subject without referring to another hideous form of Scrofula. We mean that hidden cause, that form of Scrofula which is manifested in *hair lip*, *cleft palate*, the *absence or deficiency of palate*, and rickets, and other hideous deformities in children, which are so often seen in puny and half-developed offspring, as illustrated in the cut.

This form of scrofula is becoming most frightfully prevalent, especially since our habits of life have become so artificial and luxuriant. Offspring are now daily brought into the world but half made up, illy-proportioned, shapeless, and, in many instances, resembling the lower orders of animals more than the god-like features of man.

But what invokes the most melancholy reflections is, that those who have been the willing agents of propagating such puny and illy developed offspring rarely stop to think, or ask the question, "What can be the cause?"

The cause is laid *in utero*—in the germ itself being deficient in vital stamina or soul-principle; from exhaustion or excesses in some way on the part of the parent sire. Had we time and space, and were it suitable to be embodied here in this brief work, which we intend emphatically for the mass, we could develop facts on this subject, as to the hidden and mysterious causes of these horrible deformities and half-developed offspring, which would prove disastrous to the social happiness of the mother, and sever many a conjugal tie. We mean the subtle venereal virus with which the blood and constitution of thousands are impregnated; which they willingly and recklessly impart to their innocent children, causing these puny, half-

developed, shapeless objects, which are to suffer, not only during the brief period that they may inhabit the frail tenement, but through the ceaseless ages of eternity, fulfilling the language of Scripture: "The sins of the parents shall be visited on their children, even to the third and fourth generation."



As direful as are the causes for such melancholy results, we will not leave the victim without hope; for we believe that, in this disease as in all others of such an appalling character to which we have referred, Providence has not permitted an evil without providing its adequate remedy.

The so-called remedies, mercury and other mineral poisons, which

have ever been found in the hands of the old-school practitioners, have been more disastrous in their effects to the constitution than the disease sought to be removed.

We are happy to announce to the victim that the new and progressive system of medical investigation has made discoveries of remedies, perfectly ~~harmless~~, which become certain to eradicate every vestige of this poisonous virus from the constitution; a system of treatment so happily devised that the patient can adopt it at his home without exposure, or interference with his vocation.

Eleventh Section.



PALPITATION—NERVOUS DEBILITY—MARASMUS—ORGANIC DISEASE OF THE HEART.

THE HEART is truly and emphatically denominated the “*seat of life*.” It is situated, as you will see by referring to the cut, a little on the left of the center of the chest, between the two great lobes of the lungs. Its function to sustain life is of such vast importance that the Author of this mighty human structure, seemingly anticipating its great liability to danger, has placed it in the breast, surrounded by that compact, arched, bony structure—the ribs.

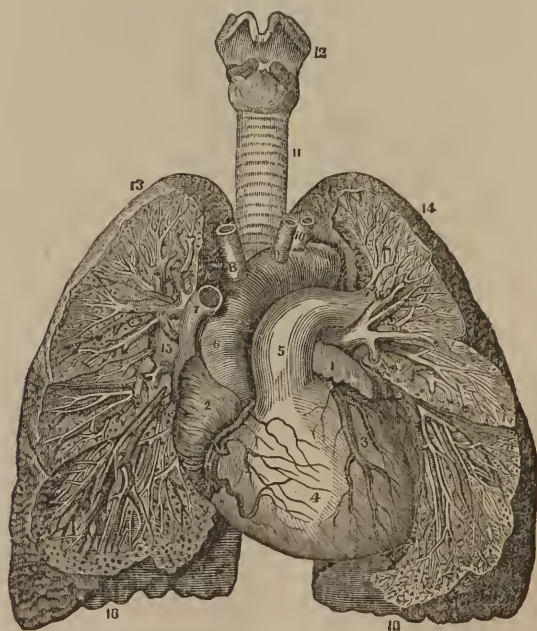


Diagram of the HEART and Lungs, showing the intimate connection and relation to the LIVER, STOMACH and DIGESTIVE ORGANS.

What a pity that the tenant of this sublime structure, which has been *loaned* him *only*, for the great purposes of developing life, and fitting it for a higher sphere of immortal usefulness, should pursue a course so reckless as to disease its structure—destroy its harmonious relations to the other organs of the body, and defeat the great object of this trust.

DISEASE OF THE HEART is most direfully prevalent. It is subject to extreme palpitation, irritability of its nerves, and relaxation and debility of its muscular structure. Nothing excites greater alarm and consternation, save profuse hemorrhage or bleeding at the lungs, than nervous palpitation, or beating at the Heart. Then, perhaps for the first time, its subject begins to realize the great importance of its healthy function; for the Heart, being the great force-pump which throws out the vital current to nourish and sustain every part of the body, can not be long disturbed, or arrested one moment in the performance of this great function, without the whole fabric giving way.

Such is the case with those who die so suddenly with Heart disease. But a moment ago, they were in the apparent enjoyment of perfect health, attending to their regular employment or business, and without a premonitory warning, are stricken dead. On what a frail tenure hangs this life of ours! These instances should teach us lessons of humility, and show the abuse of the laws that govern our life and health.

Palpitation and nervous beating, or tremor of the Heart, in the majority of cases, proceed from Dyspepsia, or indigestion and obstruction in the Liver. The palpitation which immediately comes on after eating in many persons, may be known as Dyspeptic Palpitation; whereas, in other cases, which come on at another time through the day or night, without being traced to any deviation of diet or over-taxation, most always spring from obstruction of the blood in the Liver. One of the most prominent causes for palpitation and organic disease of the Heart, in males, is the use of tobacco. Next to *Prussic acid* there is no poison more subtle, more deadly than the narcotic principle—nicotina—which this weed contains. It accumulates in the system gradually—little by little—insidiously deranging the nervous structure, and the victim, who has so foolishly cultivated an appetite for it, often at the expense of much sickness and painful disgust at first, finds, when he is warned of the inroads it is making upon his constitution, that he has not moral strength sufficient to break it off. The nervous tremor and palpitation first felt, the sunk-ness and craving at the stomach, are functional, or of a sympathetic nature. All organic diseases commence in a slight derangement of their function; and in this stage they become perfectly curable, could

the victim of vicious habits but profit by the monitions of Heaven; but such is not the ease in one instance in a thousand. He continues the baneful practice until permanent derangement of digestion and assimilation is produced; the valves of the Heart, so nicely constructed, have become thickened; a permanent derangement of their structure is manifest, and organic disease has now taken place. A gust of passion, a sudden emotion of joy or fright, an over-exertion of courage or of ambition, now becomes a monster to take his life without warning.

But there are other more hidden and silent causes, as direful in their nature, for palpitation of the Heart, and destroying or disturbing its great function. These are alarmingly prevalent among the young, in childhood and youth of both sexes, and too often, found among children of larger growth. I mean those pernicious habits contracted in early life in secret, which lay the foundation for sapping the vital energies, and render the constitution a frightful wreck; and what otherwise might have been capable of developing God's image in perfect manhood or womanhood—the fairest and noblest buds of childhood and opening life—the fondest hopes and anticipations of parents.

It becomes astounding to the experienced physician to learn of the almost innumerable instances of lofty minds and towering genius being shipwrecked by this baneful habit, so ignorantly and incautiously engrafted upon their constitutions in early life. No language can depict so graphically the painful moral, as well as physical sufferings such victims undergo, as they describe themselves. We will introduce a copy from a male, and another from a female to illustrate this point, which will be quite sufficient to convey a slight idea of its extent. These letters answer the question, and we answer it again: Ignorance in early life of the pernicious effects in which such habits result; and for want of that light and knowledge of *hygiene* and physical education which parents sacrilegiously withhold from their children.

NYACK, Feb. 27, 1860.

DR. STONE: DEAR SIR: I have noticed an advertisement headed "THE PREMATURE DECAY OF YOUTH," and after reading it over carefully, I have concluded to address you, hoping that I shall not meet again with that reckless blaster of hope—"HUMBUG." I have been all my life troubled with Indigestion, and for 3 or 4 years, troubled with Nervous Debility. It is that disease, I believe, that has unmanned me and unfitted me for all the higher and better enjoyments of life. My mental powers have been much impaired, and

I have been unfitted to accomplish any thing in the world. But you know, perhaps, how direful are the effects of that most fearful of all diseases. I have been ill 3 times with inflammation of the Lungs. This winter I was ill two months with what is called "LUNG FEVER." The last attack has left me in a very unpleasant condition, and I am not fit to labor, nor do I feel at all as I did before my last illness. I have much pain in my right Lung, and in the Liver. Tubercles are, without doubt, continually forming on the lung—in fact, I feel worn out and exhausted. The slightest exertion will tire me and throw me in a perspiration—I am nervous, and always in a hurry—have severe pains in head and back of neck—burning pain in head and right lung—Palpitation of Heart, sometimes; in fact, I feel as if my whole system were a total wreck. I feel as if there was something gone—or, in other words, I feel as if there was no stability about me. All this I lay to Nervous Debility. It must be the prime cause.

I need not weary you with a lengthy catalogue of my ills. You know the symptoms of this disease. It appears to be a general wearing away of the system—Inability to cope with the giant strength of the world. I am of a poetic temperament, and had not this dire curse fallen upon me, I should like to have been a literary man. To a certain extent, I have accomplished my purpose; I have gone so far, and I can go no farther. I can not study; I can do but little mental labor. Oh! I could tolerate my affliction if it did not interfere with my brain. I need a clear head, power of concentration, earnest thought; but alas, how have I failed in all of these! No pen can describe the deep anguish, the burning remorse that I have felt when I have seen all my cherished hopes fade and die; I have looked into the future—it is a blank. I have been robbed of all the joys of childhood; and when, in early manhood, I had hoped to atone for all that I had lost, this bane of young life stole in upon me and dashed the cup of joy from my lips, and left me, as it were, "but a wreck." I have felt sometimes that I would sell my *liberty* for life, if I could but be cured. God and my own heart only know what I have felt and suffered. I desire to rise in the world and take the place in life which I feel that God designed I should occupy; but I can't do it. I want to engage in the earnest, active pursuits of life, and if possible, write my name on the tablet of fame, and help to make better the present condition of my fellow men; but I can't do it; I am bound—chained down to a sphere in life which is not congenial to my nature, surrounded by associations which are disgusting, forced to occupy unpleasant positions and succumb to the will of

men whom I despise and look down upon. And why is all this? Because I have not health. If I had it, I would be strong to do and bear all things. If I had it, I should be no longer misguided. If I had it, I would stop for no difficulties; but would accomplish all that I desire. I might have been cured, no doubt, long ago, but here is the rub: *I am poor*, and with my present state of health, am only able to keep myself out of the realms of Pauperdom. Those who profess to treat such cases make such high charges that it needs a fortune to employ them. The world is full of Humbug; and hundreds advertise to cure certain diseases, only that they may enrich themselves by plunging wretched men deeper into wretchedness.

Thus I stand in the world—without money, without home, without health, and without friends save those who flee when adversity approaches. There is no day when I feel able to do my labor—I feel as if I wanted to rest; but I must work or starve. No doubt I am taking up too much of your time, but when I speak of these matters, there seems no end of words. I will now come to the point—Can you do any thing for me? Do you really think you can cure the cause? and its attending diseases? If you are sure that you can cure me, I will take some measures to procure the means. But I am afraid it will be a hopeless task. At all events, you will send me the book referred to in your notice. Inclosed you will find 3 stamps, 2 of which are for the Book, and the other to pay return postage on the letter which I hope you will send me with some advice how I had better act. It seems like asking a good deal of you, to ask you to answer my letter, but perhaps you will do so, and give me what advice I need—Oh! if I can only regain my health, I can do much in the world, and perhaps reward you for all you may do for me. My age is a trifle over 25. Please send the book, and write me as soon as you can make it convenient.

Truly yours,

J. B.

Case of Extreme Marasmus and Early Decline. From Miss E. W.

DR. STONE: DEAR SIR: If, after a knowledge of my case, you can prescribe any thing to benefit me, I shall be glad to have you do so. I think my lungs must be affected, they feel so badly. They feel very sore, both inwardly and outwardly, all around my breast. It hurts me to blow my nose or take a long breath, or talk very loud. They feel worse on the outside, at the side of my breasts, and partly on them—almost under the arm. Sometimes my chest feels as if it were tightened up inside. There is a fullness in my breasts that I

can not describe. It is not pain or soreness or burning; yet that is the nearest to it. It generally seems to be in the center of them.

I have spit blood for more than a year. My lungs feel bad when I raise it. When I raise phlegm lately, blood is mixed with it. My throat troubles me, and has an oppressed, full feeling. I keep hawking and hemming, and trying to clear my throat. A yellowish matter streaked with blood, seems to be in my throat ready to come up. When I hawk to get up matter, it will hurt my lungs. I raise a whitish mucous matter.

Monthly periods have been regular, but latterly more scanty. I perspire very freely on walking a little briskly.

My limbs are very tired, my back feels very lame, and my sides feel sore. I have not a consumptive form, (had no relatives die of it.) My breasts are full; one of them, the right one, is a little sunken in. My voice is not very strong; can not sing.

If you can do me any good, shall be glad to have you prescribe for me. E. W.

Second Letter from Miss E. W.

Your communication is received. I am much worse than when I wrote you before. Things look dubious to me now. I am in such a bad condition, I never expect to be cured; but if you can benefit me enough to be of some comfort and assistance to myself and friends, I desire your treatment. I am losing flesh and strength. My whole system seems to be exhausted. There is a very disagreeable feeling in the lower part of my abdomen—a *bearing down* pain which prevents my walking very well.

You judge correctly that the sexual organs are diseased. I have an itching of the genital organs, and a burning after urinating, and a sharp pain directly over the urinating orifice. There is a *drawing* and pain about the navel. My monthly is attended with this *drawing* pain about the navel. I have a creeping or fluttering sensation about the genitals.

You doubtless will not wonder as to the cause of all these feelings and disorders. I am convinced that they proceed from self-abuse, commenced eleven years ago, and kept up more or less of the time until a year ago, when I became convinced of the great cause of these diseases and my great suffering. Why it was I can not tell, only that nature implanted it there. Since I have realized the vice and the sin of it, there is no failing that I have which I have tried more to reform. Sometimes I think if I had married young, it would have been better for me; but I have no desire to marry for the sake

of the gratification alone. I believe that a higher, holier feeling should govern this bond than sensuality.

My urine varies in color—sometimes very highly colored, depositing brick-dust sediment. Simply turning over in my bed, the other night, produced a violent palpitation of the heart. I am restless and wakeful nights; some nights I can not sleep more than an hour. I have cold chills at nights. My hands and feet sweat a cold, slimy perspiration. I have a burning flush on my cheeks. After urinating, a whitish, slimy matter passes off. The reason I can not sleep well is owing to an uneasy fluttering feeling in the abdomen. I am generally costive. I have neuralgic pains in my shoulders, limbs, and points of the elbows.

Now, Doctor, here is a truthful description of my melancholy case, which I unbosom to you, and what I believe to be its cause. Now in making up your prescription, do not write any thing in any way to lead my parents to suspect what has been the cause of my follies; for I sinned through ignorance, and now that I see and feel its effects, it grieves me bitterly to think that one possessing my intelligence and endowments, should have lived to have prostrated herself so low by giving up to passion. *Try and do your best for me. I have the greatest confidence in your skill and ability.* E. W.

Again: the fault lies in smothering the causes under the mask of hypocrisy and pride—from the lack of genuine humility of soul on the part of many parents, who can not see that *their* suffering children are subject alike to the passions that lead to the same baleful influences as others.

Again: The fault lies in the ignorance and want of character on the part of old-fogy physicians, who, in general practice, are depending upon their daily fees, or daily calls, for a livelihood, fearing to act—in sooth, if they discover the cause, they dare not tear away the flimsy vail of hypocrisy and pride, and unbosom the secret; hence, they prescribe for a few *symptoms* only, without any exposition with the victim, or fearlessly imparting to him the true light and knowledge as to the causes; namely, the correction of pernicious habits, let them be in the vice of tobacco, or unhallowed pandering to the propensities, or of whatever they may consist, with the emphatic and invariable impression that God, in his organic law, is no respecter of persons; that neither standing, nor social position, nor money affords any protection from the penalty of violation.

What is required to cure nervous diseases and nervous affections of the heart, and arrest this awful tendency to premature dissolution

in the youth of our race is, to probe deeply the wound, and cut, with the keen-edged scalpel, through the chain of morbid effects, back to their first cause, expose the evil, and develop moral discipline and moral perception where, now, only animal passion and impulse hold sway.

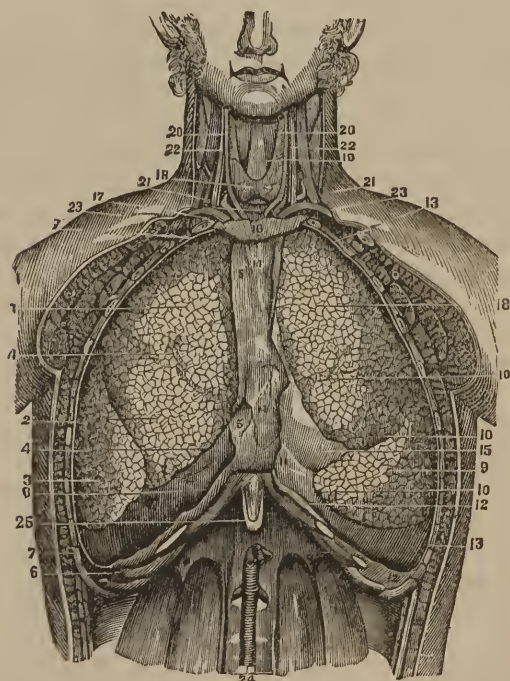
SYMPATHY INSTEAD OF CENSURE is often found, by the intelligent physician to be a surer means of securing the desired result of skillful treatment, than a morbid indifference to the welfare of those who, from misfortune or other causes, have become sufferers from disease. And a correct knowledge of human nature is not among the least important qualifications of a successful practitioner. Science is of but little avail where confidence and generous feelings are wanting. Many patients are lost by a treatment little less severe than heartless brutality.

Such victims, experiencing such extreme bodily and mental afflictions as detailed in the above letters, certainly demand our keenest and heartfelt sympathy; and so does every suffering one who has violated the laws of health from ignorance; yet while we aim to, and *do* make our treatment satisfactory and successful, and share sympathizingly in the keen anguish of our patients, at the same time that we administer the remedies for their physical infirmities, we feel in duty bound, in the discharge of that mission committed to our trust, to impart to them that light for which they are so keenly suffering.

If man can not live by bread alone, certainly he can not live by cultivating artificial appetites; to indulge in which, must inevitably poison the springs of his life. Our duty can not be done to the suffering victims, nor our mission from on high fulfilled, until we impart that knowledge that he must seek to understand—the laws that govern his moral, spiritual, and animal nature, and harmonize them in his daily life. The suffering invalid, pining in solitude, shall find in the treatment from our institution a “Bethesda” to heal all his maladies, soothe every mental anguish, and render life once more hopeful and happy.

Twelfth Section.

Startling Disclosures ! "Died of Thin Shoes !" Epitaph of the Victim of Consumption ! Its Melancholy Sound and Associations ! Its Frightful Ravages and Awful Fatality Find an Antagonist and a Victor ! Dr. Stone's System of Cold Medicated Inhalation !!!



TAKE a view of this cut—a diagram of the Lungs. We find on the right side, three lobes ; on the left, two ; composed of air-cells. The number of these cells is vast :—they have been estimated at 1,744,000,000 ; and if spread out upon a plane, would make 20,000 square feet of superficial area.

Is it not evident that a structure so wonderful, so massive and so ingeniously contrived indicates the most vital function? Well, what is the great function? The phenomena of physical life are sustained by bringing the blood in contact with the external atmosphere—*oxygen* and *nitrogen*. Without oxygen, which exists in the air, we can have no life or health: the deprivation of it is consumption—is *death*.

The blood is made florid or 'vital only by receiving this agent: when it traverses the circulation, to nourish and vitalize every part of the system, it loses that vitalizing principle—oxygen—imbibes its opponent—carbon—which exists in the black or venous blood, and the result is death.

The reader will understand that *heat*, which is engendered by oxygen, is *life*; *cold* is *death*. And will you understand further: In no other way under heaven can life—that is, physical life—and the house in which we live, be sustained. Well, what do we see? As soon as an infant comes into existence it is put into a tight compress or swathe. If it be a female, that is kept up its life long, increasing this compression of the Lungs as it grows older and is brought in contact with the artificial customs of society. Instead of preserving and sustaining a natural expansion and distention of the chest and Lungs in their 1,744,000,000 of air-cells, that they may inhale to the fullest extent the vital atmosphere, they are compressed in stays, clothing, dress, fitted and adapted so nicely for the purpose of compressing them into the smallest possible compass, we might think that the ingenuity of art had been taxed almost to its fullest extent to accomplish it.

Well, what are—what must be the legitimate effects of thwarting and violating such an omnipotent law? How long will mankind and womankind become so foolish and unwise as to think that they can legislate God off his throne? Suppose they *do* hold conventions every year, or four times a year, and resolve that they can live without lungs, or go to Paris where are set fashions for us poor Yankees to imitate, do you suppose it will make any difference with organic, omnipotent law? When will you stop for a little calm reason and reflection, and realize the fact that you can possess life and health only in accordance with *organic* law? When will that moment or hour of reflection come? I will tell you. *When, on your death-bed, you are gasping for breath, begging for a little more air; calling to your friends, the bystanders, or your nurse, to open the windows, or to fan you!* If you think at all, you will think that *then* has come the

penalty for shutting God Almighty out of your lungs so long with your tightened laced-up stays, and a dozen hooks and eyes to boot!

Then, at that moment, you will appreciate the value of pure air—that breath of life, which you have sought so anxiously to shut out.

This brings me to speak of Tubercular Consumption and its causes. Well, what are tubercles?



Section of Lung, showing Tubercular deposit and a cavern in the act of healing.

Tubercles are little minute bodies, of a cheese or curd-like substance, deposited generally in the air-cells of the lungs. In their commencement they are extremely small, resembling millet-seeds, hence the name of miliary tubercles. They assume various colors, according to the different processes and stages of their development, and the peculiar constitutional condition of the victim in whom they make their appearance. For the most part, they are grayish at the commencement; as they progress they become the color of cheese, or yellowish in their nature at the time of softening.

I ask further: "How do these hard cheesy bodies obtain in your Lungs? Why, you resist breathing oxygen into your lungs, which is to generate heat and keep the blood at its natural temperature of 100°, which God made. You could not keep out oxygen—the cause of animal and physical life—and not keep out heat.

Tubercles are formed by the lymph or albumen of the blood becoming congealed by colds—you are not satisfied with the blood being already chilled by not breathing oxygen—the cause of heat—but to diminish its temperature still further you wear the thinnest shoes and stockings, the lightest clothing imaginable. You traverse the stone and brick pavements on cold winter days so attired and so exposed, even when the cold is so intense as to suck the vital heat from every pore, and what is the consequence?

The blood returns from the feet and extremities nearly at a freezing temperature, or a little above—perhaps 40° or 50°, when it should be 100° to fulfill the law of life and health. I need not go further—"A

few words to the wise fittingly spoken, are better than a whole volume;" and if a few words, so spoken, are not heeded, a volume would be disregarded.

On a tombstone in a churchyard in London is to be read the epitaph—"Died of thin shoes!" This epitaph would be most strikingly appropriate to the large majority of females in this country who fall victims to this fell destroyer; for thin shoes are a striking characteristic of American females.

The blood is supposed to circulate through the Lungs every three or four minutes. When women pursue this manner of dressing and exposure it can be easily understood how rapidly tubercular matter must be formed in the Lungs, at such a reduced temperature.

You will recollect that a wise man named *Solomon*, some 5000 years ago, made the remark that, "*Fools die for want of wisdom.*"

But to be brief, and to the point: No disease has ever made such frightful ravages among mankind as Pulmonary, Tubercular Consumption. Its very name bears the most appalling and melancholy associations. It ravages over the world wherever civilization develops art to minister to luxury. It visits every hearth and every fireside, and severs the dearest ties of social life. It extinguishes the brightest geniuses, and selects its victims from the most promising in youth and middle age, among the fair sex. In New-York City alone 4000 annually fall victims to this dread destroyer; and the proportion is nearly the same in every other city, town, and hamlet in the whole New England States, and probably throughout America.

But what has made the name of Consumption sound so melancholy to the sensitive ear hitherto is the fact that it has bid defiance to medical art, and baffled the skill of physicians, from the time of Hippocrates—the "father of medicine"—down to the present century. And why was the treatment so unsuccessfully adopted—so fatal in its effects? I answer: In the first place, it was based upon no foundation, but a theory, perfectly absurd, and so inconsistent in its nature that, when we look back from our present standpoint of progression and development, we do not wonder when we discover the medicines and prescriptions so used—all-sufficient to destroy life, even in a sound organism, where the seeds of consumption had never been sown. The medicines given were poisonous, devitalizing in their nature; they were heaped indiscriminately in large quantities into the stomach, where the disease was *not*, to derange the laboratory of the vital pabulum, and then pass on to contaminate the very fountain of life itself. We have only to ask the question, as we have done in

a former part of this book, to satisfy every reader—every person who has a spark of intelligence and reason—if such medicines—poisons, as they are—as antimony, calomel, quicksilver, arsenic, croton oil, and almost hundreds of others, equally as pernicious, can sustain life—can be used, or taken into the stomach and blood without taking life, much more then to think that tubercles in the lungs can be removed and health restored by them? the idea is preposterous in the extreme.

DR. STONE'S SYSTEM IN STRIKING CONTRAST WITH THE OLD PRACTICE.

What, let us ask, should we treat, if we expect to cure? Should we not treat the disease? Yes. Where is it? It is in the Lungs. Well, then, why put your remedies into the Stomach? The stomach was designed for food, and to make blood for nourishment and sustenance. The Lungs are clogged; the Bronchial tubes and air-cells are filled with cheesy, tubercular bodies. What is to be done to remove them? If medicines are valuable at all, should they not be carried where the disease is? Well, how will you get medicines into the Lungs? They are breathing organs only; nothing but air can enter with impunity. We answer: "Medicines can be volatilized and administered in the form of vapor, and given by every physician." That every rational person can see. Now, we give remedies by inhalation which are breathed just as naturally, just as easily, into the Lungs as air; and at the same time, oxygen and air are breathed. But we will meet with the objection from the stubborn, blind disciples of the old school that inhalation is no new system; that it was tried a long time ago. Well, let us ask, "How was it tried?" Very rudely: as rudely as medicines administered by the stomach—given in the form of steam—and what is the consequence? Nothing can be more debilitating and relaxing than to breathe steam or hot water vapors into the Lungs; for these tubercles, when they are formed in the Lungs, become fatal only when they soften down into matter, and in the form of an abscess. Nothing will hasten on this process of softening like hot water vapor, or steam; hence, this treatment is unsuccessful, unscientific, and destructive as a system. To do away with these objections and contingencies, our system fulfills every desirable indication, in accord with physiological laws, and the laws of life, in that, viz., we give our vapors at the natural temperature of the atmosphere, in a cold state; so, instead of their being debilitating, relaxing, or softening to the tubercles, they arrest the softening process, stimulate and arouse the absorbent vessels, causing the tubercles to be absorbed—be dispersed.

In the next place the composition of the vapors is such that tubercular matter in its incipient stages of formation on the mucous surfaces of the Bronchial tubes will be dissolved by it, and caused to be expectorated from the lungs, producing a benign condition for nature to heal.

We do not overlook the nourishment and building up of the system; we do not put nauseating or devitalizing remedies into the stomach to deprive him of appetite, and ability to eat food. Where an appetite or ability to digest food is wanting, we give such remedies as will provoke an appetite, energize the stomach, and cause food to be assimilated into healthy blood, to sustain the patient, and furnish resources in the blood—in the constitution—to heal the ulcerated caverns.

So successful has been our treatment, that we have cured hundreds of cases, so far gone when we prescribed for them that we had but faint hope of their recovery.

We consider Consumption to be as curable and amenable to a rational system, as any other common disease. No one need despair, for that would only stimulate the disease. The great danger is here: The nature of the complaint is such, as, for the most part, to excite hope so inordinately that procrastination, the thief of time, is indulged until the precious season passes by, and the more aggravated symptoms, which are now being developed in the harassing cough and hurried breath, night-sweats, and burning hectic fever, admonish him to seek relief, but too late.

Because a few such are so allured by hope as to allow the precious moment when they could have been cured to pass by—that forms no objection to the efficiency of our system of medicated inhalation; for, had they applied at a seasonable moment, the cure would have been certain.

Should there remain any doubts as to the efficiency of our treatment for the cure of Consumption, let them read the certificates appended.

CASES OF CURES.

Most astounding Cure of Tubercular and Bronchial Consumption.

TROY, NEW-YORK, March 17th, 1866.

MY DEAR DOCTOR: It is from a deep sense of gratitude that I owe you and suffering humanity everywhere that I now address you.

Being aware that you are about bringing out a new work descriptive of your scientific system of treatment for diseases of the Lungs, Respiratory organs, and Chronic Maladies, I desire that you would publish, after a lapse of eight years, my complete recovery and restoration to health.

As you have my cure published in your large book on Consumption, I need not go into detail otherwise than to state that, in the spring of 1856 I became entirely prostrated with a disease of the Lungs, from too close confinement and application to my business—that of a compositor and printer—so much so that I was entirely unable to work, and hardly able to get about. I had not done a day's work in five months.

I made a number of unsuccessful efforts at a cure from several medical sources, but all to no purpose; when at that time you first made your appearance in Troy, and I was induced to consult you. You directly examined my chest, tested my vital capacity on your PULMOMETER, and proved so conclusively to my judgment that you understood not only my case but your profession perfectly, I put myself at once under your treatment. Notwithstanding you thought that you could cure me so that I would be able to enjoy health in the *open air only*, during the balance of my life, I got so well by the fall of the same year—1856—that I again entered the printing office, where I have continued ever since at hard work, and am, also, in the enjoyment of good health. My vital capacity has been increased in the mean time one hundred cubic inches, as proved by your pulmometer; and there is not a vestige of disease left in my Lungs.

I desire that you publish this account for the benefit of suffering humanity, and permit any one in any part of the world to refer to me by letter or personally.

Very truly yours,

ABRAHAM O'DONNELL.

He can be seen at Mr. Scribner's printing office, Cannon Place, Troy, New-York.

Case of Miss Amanda E. Green.

Remarkable Cure of Tubercular Consumption, attended with Bleeding at the Lungs.

IN November, 1860, Miss Green was confined to her bed as she had been for about three months, attended by an allopathic physician, who had abandoned her case as incurable, and given her up to die, in the last stages of Consumption. It was at that time that her brother consulted us by letter, stating her case, and asking our opinion as to the probability of cure.

She inherited Consumption on the side of both father and mother, her father having died some years previously with it, and her mother, at the time she consulted us, was laboring under a disease of the lungs and hemorrhage. So the case to us appeared one so aggravated in its nature that we gave but faint hopes of cure; but offered encouragement that our treatment would, at any rate, soon soothe the distressing cough, assuage the night-sweats, and smooth her pathway to the tomb, if it should not succeed in restoring her.

In this condition she was placed under my care. I prescribed for her the COLD, MEDICATED VAPORS, and VITALIZING TONICS, with a thorough system of hygiene. In three weeks we were gratified to learn that our patient was able to sit up all day, had obtained a good appetite, her cough and night-sweats had abated, and she felt strong enough to ride out, asking our opinion.

Suffice it to say that, in nine weeks from the day that we prescribed for her, she was able to ride on a cold winter day, take the cars, and come seventy miles to consult us in person. She continued to gain strength and health until the cure has become complete.

Since that time she has been able to do much hard and exposed work. We saw her personally during the summer of 1865; and to-day, March 17, 1866, have heard directly from her, that she remains in sound health.

This affords another one of the most striking cases of TUBERCULAR CONSUMPTION performed by our improved system of treatment by medicated inhalation, vitalizing tonics, and rational hygiene; demonstrating that medicine is a progressive science, capable of great and astounding developments which may be continued through all coming time, until it arrives at that state of perfection when it will meet every physical emergency, and afford a balm for every wound.

The case of Miss Green is reported at great length in our large volume on Consumption.

Case of Tubercular Consumption cured by inhaling Dr. Stone's Cold Medicated Vapors.

ANDREW STONE, M.D. : WEST-BUXTON, ME., January 1st, '66.

MY DEAR SIR: Three years ago I was very sick with Consumption and disease of the Lungs. I had suffered extremely, for months, with a bad cough, night sweats, hectic fever, great restlessness, pains in the chest, soreness of the throat; most of the time loss of appetite, and was very emaciated and debilitated. I had tried all our doctors, both in my own place and towns adjoining,

without any permanent benefit from their treatment, but it rather aggravated my symptoms than otherwise.

At that time, hearing of your great skill and success in the treatment of Pulmonary affections, I wrote you, obtained your opinion and your prices, and put myself under your care and treatment by letter or correspondence. Judge of my surprise: in a very few days after commencing the use of your inhaling vapors and tonic and invigorating remedies, my symptoms began to give way; the night-sweats were soon checked by your medical applications, the hoarseness and harassing cough became quieted, and balmy sleep, to which I had been a stranger for long months, once more returned to refresh me and make my pillow inviting. My progress to health was rapid and beyond all expectation to my friends and physicians who had attended me, and far beyond *my own* expectations; for I had given up all hope of ever being cured; I had not been able to work for more than a year. And now Doctor, after a lapse of three years, I am gratified in being able to announce to you that my cure is perfect; I am divested of every symptom of pulmonary affection, and have been able to work; in fact, do a hard day's work, for more than two years.

I am convinced that, had it not been for your treatment, I should have been buried a long time ago. Since my recovery I have recommended your *system of treatment* to many of my friends and acquaintances—it has been alike successful with them.

I permit you to refer to me at pleasure, and to make whatever use you see fit of this letter for the benefit of suffering humanity. Truly yours,

ALMON H. GOVE.

Great Cure of Consumption.

MR. FREDERICK MACOMBER, a young man aged nineteen, who had been a soldier, was taken, while in the service, with severe pulmonary affections, both Bronchial and Tubercular, causing him to expectorate or spit considerable blood. He was prostrated so low by Consumption that he was confined to the hospital in Washington for a length of time. He wrote to us while there, and obtained treatment from our Institution even while he was under treatment by the physicians of the hospital, who did not reach his case to be of any benefit.

We accordingly prescribed our rational system of treatment by medicated inhalation, together with the use of vital tonics and Electro-medicated baths, which soon controlled his aggravated symptoms. He gained rapidly under our treatment in the hospital so that he was able to visit us on the 26th of May last, when we had an opportunity of making a personal examination of his chest, and discovered tubercles at the top of both lungs, with one cavern or ulcer, with extensive catarrhal inflammation of the fauces, or glands of the throat; foul secretion and harassing cough; and appetite rather bad; attended with night-sweats and cold chills and other weaknesses of a nervous character affecting the urinary organs.

Having the advantage of adopting our treatment more perfectly to suit the aggravated condition of his case by this personal examination, the treatment became immediately more effective, notwithstanding his prostrate condition.

We advised him to go into the country, in Orleans County, his native home, where he enjoyed the benefit of pure air, which caused our treatment to have the most wonderful effect in controlling all those aggravated symptoms.

He writes us now that he is completely cured; and from the influence of his cure his sister and two other patients have adopted our treatment.

We have permission to refer to Mr. Macomber for this great cure.

Corroborative of the above.

GAINES, ORLEANS Co., N. Y., Jan. 9, 1866.

DEAR DOCTOR: I am happy to inform you that I am decidedly better. I feel quite certain that I am now rapidly advancing to a cure. After I received the last supply of new remedies, and used them about three days, I found that they were just what was needed in my case. I began to improve from that time, and continue to each passing day, for which I am truly thankful. Thanks to you and my Maker!

Doctor, I am working hard for you among my sick acquaintances, and begging them to apply to you and receive help; and if you hear from any from Gaines, you may rest assured it is from my influence. I am sending your book hither and yonder, that people may read for themselves, and be convinced that you are no humbug.

If I had only applied to you two years ago when I first saw your advertisement, I would not have had to suffer as long as I have, and would have saved \$100, or more. Like thousands of others, I looked upon advertisements with caution, and did not have confidence until I saw the beneficial results of your treatment upon my brother.

I shall continue to use your remedies for a long time, to improve the blood, and that the cure may remain permanent.

Yours with respect,

Mrs. H. K.

The above is from a lady of great intelligence and high position, in fact a sister of Mr. Macomber, who, being somewhat modest, does not care to have her name published in full.

We are permitted to refer to her; and all those who wish, on application will be permitted to read her letter, or will receive her address if desired, to correspond with her in reference to the success of our treatment for female weaknesses leading to the development of Consumption, when not cured.

This was a case of most aggravated dislocation of the uterus—the womb—from mechanical injuries sustained by being precipitated through a plank sidewalk, and nearly doubled in two by the fall, which produced an anteversion of the womb—that is, the top of the womb was reflexed forward, and downward at the same time.

The difficulty was so aggravated in its nature that all attempts at being cured at home, as above suggested, were unsuccessful. She spent a season at an institution at Saratoga Springs, with the same unsuccessful results, and returned home, giving up all hopes of being cured, when she was brought to our notice by the circumstance alluded to in the letter.

The most striking, and, to her, unexpected relief and cure found from our treatment at her home, we not even seeing her, is a complete demonstration of the remarkable facilities and advantages of our treatment in curing patients at their homes, however distant they may be, and without seeing them.

Astonishing Cure of Tubercular Bronchial Consumption.

Mr. A. D. Keyes, a young man aged 21, residing in South-Acworth, N. H., was induced to consult us in the summer of 1865, by the recommendation of Rev. E. S. Foster, of Claremont, N. H., a clergyman of great intelligence and ability, who had been cured, by treatment from our Institution some nine years previously, of an obstinate Bronchitis, and who, by the way, is constantly bringing our claims to the notice of suffering invalids, and sending us new patients almost every month—such is his confidence in the rational and scientific nature of our treatment.

On making a personal examination of the case of Mr. Keyes, we found the tops of both lungs seriously affected with tubercular deposit; and in the top of the right lung, an ulcer or cavern of considerable extent was already developed. To this was added extensive Bronchial inflammation. The case, therefore, combined the two forms of Bronchial and Tubercular Consumption.

Mr. Keyes was at once put upon a discriminating course of cold medicated vapors, combining the Tonic, the Balm and the Balsamic Vapors, with the design of fulfilling all the indications, subduing Bronchial irritation, causing a free expectoration of the ulcerated matter, and stimulating at the same time the ulcerated surfaces of the lungs, to put them in a condition for nature to heal. To fulfill the last indication, the Electro-Stomachic Vitalizing Tonics were administered to give tone and energy to the digestive organs, and cause healthy blood to be made.

At this time Mr. Keyes was extremely debilitated with night-sweats, occasionally with hectic fever, and with bad digestion, and had expectorated blood at several times. He returned home with a full determination to prosecute the treatment to the very letter, and live up to our rigid sanitary, hygienic rules which we pointed out to him.

He writes us, under date Dec. 14, that his cure is complete; that he has had no more bleeding at the lungs; and that he has entirely recovered from his cough, his night-sweats, has good digestion, gained many pounds in flesh, and is now able to do a hard day's work. And further says, had it not been for our treatment he probably would have been in his grave some months since; that such is his confidence in our system of treatment that he is recommending it to every invalid who comes in his way.

Great Cure of Dyspeptic Consumption.

DR. STONE:

KITTERY, MAINE, March 1st, 1866.

MY DEAR SIR: Perhaps you are anxious to hear from me, as I have not written since I received your medicines. I should have written you before this, but have been waiting to get money to make up the balance of the course of treatment.

The remedies and treatment that you sent me have had the desired effect. My stomach is better; no acidity, no wind, can bear my food now, and digest it without oppression and without trouble, which has not been the case for three years and upwards. Your remedies have been of more benefit to me than all that I have done or taken for three years; and I had paid out over \$300 before applying to you, besides the great loss of my time, not having been able to labor during that period. But your treatment has had such a decided effect upon me, to invigorate and restore renewed vital energies that I am already beginning to feel able to, and *do* work considerable.

I have not the least doubt that by the time the full course is up, your treatment will restore me to perfect health.

I have recommended your treatment to several of my neighbors who, for a long time, have been ailing in the same way.

Awaiting a further supply of your remedies, and to hear from you, I remain

Very truly yours,

JOHN S. MANSON.

Saved his Life! Another most Startling Cure!!

WEST-SHEFFORD, CANADA EAST, March 11th, 1866.

DR. STONE:

MY DEAR SIR: It is with feelings of gratitude that I sit down to write a few lines to let you know how I am getting along.

Five weeks ago, when I was at your Institution, on my return from Titusville, Penn., I had but little hope of ever being cured. If you could see me now you would hardly think me the same person. I now weigh 160 pounds, having gained 15 pounds in five weeks. I gain every week.

I have received the box of medicine you sent. It came all safe; for which I was very thankful. I am following your directions as closely as possible. My night-sweats are very much abated, my cough is better, and what I raise now, is only a white substance; the yellow expectoration having entirely subsided. I am nearly relieved of all the pains that have so long affected my Chest, Lungs, and other parts of the body; my appetite is good, my food does not distress my stomach. On the whole my gain is as fast as I could expect. I shall inform you of any change in regard to myself or symptoms.

I am highly pleased with the book (on Tubercular Consumption) which you sent me. I am circulating your circulars and documents among invalids of my acquaintance, in my neighborhood, that they may learn the true source and fountain for relief; for I am anxious that others may be benefited as I have been.

Truly yours,

BAXTER CRAIG.

From Mrs. Harriet Coolidge.

Cure of Tubercular Consumption and Bleeding from the Lungs by the inhaling of Dr. Stone's Medicated Vapors.

MY DEAR DOCTOR: Having received the greatest benefit and the most satisfactory results in my own person from your treatment, I am quite anxious to make it known for the benefit of others.

In the month of June, 1858, I was attacked with a hemorrhage from the left lung, which weakened my voice and prostrated me very much at the time. I had another attack in June following. During this time I had no other treatment than what I could obtain here, and so remained in a very delicate condition until in April, 1860, when I was again taken down with a hemorrhage from the lungs. I then tried the remedies that I had formerly used, recommended by those whom I consulted in the place where I resided, but without benefit. At this time I was very much reduced; my lungs were very sore, and I experienced more pain through them than I had ever done before. I was troubled with a hacking cough; my symptoms were all bad, and of a consumptive character; my extremities were constantly cold, and were so bloodless that no amount of friction would get up any warmth. I had suffered, however, from cold extremities from my childhood up, indicating a negative condition of my nervous system and want of healthy circulation.

Perceiving now that my condition was a very critical and dangerous one, I was aware that if I could not obtain some skillful aid, that I should in all probability run through a rapid decline. Mr. Walker, of our town, and several others, I learned, who had been similarly situated, had consulted Dr. Stone, of the Troy Lung and Hygienic Institute, and had recovered their health; I was induced, therefore, first to write to the Doctor and state my case. The reply was so encouraging that I undertook a journey with my brother to Troy, to consult him personally. The Doctor examined my chest and my case very critically, tested my vital capacity on his Pulmometer, and conscientiously told me that my lungs in part were filled with tubercles, but that ulceration had not taken place to any great extent, and that if I would adopt his system of medicated inhalation, use his vital tonics, and live rigidly to the *Hygienic Rules* that he should put me under, there would be a fair chance of my recovery. I adopted his plan of treatment, put myself under his care for three months, and, at the end of that time, I was almost a new person; my bleeding had entirely stopped, my cough was gone; I improved greatly in strength and appetite.

HARRIET COOLIDGE,

March 1, 1862.

Sherburne, Vt.

Pulmonary Consumption Cured.

Copy of a letter from Otis Walker, Sherburne, Vt., showing the great benefit of our system of Cold Medicated Inhalation in curing him when in the third and last stages of Consumption.

SHERBURNE, VT., January 6th, 1862.

MY DEAR SIR: When I first visited your Institution, four years ago last fall, I was very much emaciated and debilitated. I had very little hope of ever being any better. My mother died with the Consumption when I was seven years old. I presumed that I had a predisposition, by inheritance, to the same disease, which had advanced to a confirmed Consumption in myself, developed by improper living and repeated colds. I had then a bad cough, which had been upon me for years. I expectorated much. I was troubled with pains in the chest, shortness of breathing, occasional night-sweats, cold chills, and

hectic fever. I was able to make but little physical exertion. Before applying to you I had made use of almost every nostrum which came to my notice, and had been treated by several old-school physicians, not only without success, but additional aggravation of my case. Even you yourself, after minute examination of my lungs with the stethoscope, and testing them on your Pulmonometer, finding my vital capacity very small, and a large cavern in one lung, doubted whether I would be able to live through another winter as hard as we have them in Vermont, but gave it as your opinion that if I would leave Vermont and go to a temperate climate, that you would be enabled to arrest the further progress of my disease by your system of treatment—by inhalation, combined with tonics and energizing remedies. Having but little hope myself of ever being better if I remained in the North, I placed myself under your care, with the firm expectation of being obliged to go South. But in a few weeks your treatment had benefited me much, had reduced the cough and irritation in my lungs, improved my general health and strength to such an extent, that I felt so much encouraged, I wrote you in the winter, leaving it for your decision whether I should go South or not. You advised me, with directions given, to remain at home and prosecute the treatment. I have done so, more or less, up to this time, at intervals, for four years, and I can assure you now that I am soundly and thoroughly cured, so far as having any evidence of ulceration, or caverns in the lungs, or indications of a consumptive nature is concerned—so much so, that I am enabled to pursue an active mercantile business, which taxes both mental and physical faculties quite severely. From the results of your treatment upon myself, I have sent numerous other patients to you, who also can testify to the same beneficial results in their respective persons.

With sincere gratitude I acknowledge you my benefactor, and I hope your improved and widely disseminated system of treatment and your great skill may be universally acknowledged.

Your obedient servant,

OTIS WALKER.

To Dr. ANDREW STONE.

Consumption.

Bronchial Consumption Cured.

The following letter from Dr. John Smith, a highly intelligent physician, of the eclectic, modern, progressive school of medicine, a resident of Trenton, Clinton Co., Ill., will show to the reader that we have even physicians for our patients, whose intelligence and good sense does not deprive them of the opportunity to seek relief from us, when they find themselves, or their patients, incurable by their own means :

TRENTON, CLINTON Co., May 5th, 1861.

MY DEAR DOCTOR: When last I wrote you I was suffering with Diphtheria ; it commenced without any previous morbid feeling except that of having overdone myself, both mentally and physically, being alone here in a School of Reform, opposed by a host of Allopaths and all the prejudice they can wake up in the minds of the people.

For about eight years I had suffered with Chronic Bronchitis and Catarrh induced by organic lesion, in consequence of a severe attack of Pneumonia, which was suffered to run to an almost fatal termination at the time. Since then—during eight years—I had tried Allopathic remedies and my own remedies, to relieve my cough and difficulty of breathing, and all to no purpose. The fore-part of last winter, I was consulted by Mrs. Wise, of this place, similarly affected with an extremely bad cough, complicated with other maladies, which prostrated her very low. I told Mrs. Wise that I did not want to treat her case, and, to tell her the plain truth, I expected that she and I had to cough as long as we lived; having done all that I could in my own case for myself, I could not expect to cure her, and did not like to prescribe, when I could not expect to do her good. I therefore recommended her to put herself under your care, and try your system of inhalation and other remedies, which I knew nothing of, but told her that I intended to try myself.

Suffice it to say, Mrs. Wise adopted my advice, gave me credit for my candor, and put herself under your care. It was not over six weeks before she was restored to very good health—her cough entirely cured—which led me to adopt your treatment in February last. The effect of your inhalants in my case seemed to work like a charm, in relieving the cough and the great difficulty of breathing which I had labored under.

In addition to my other ailments, the kidneys were affected—no doubt from the use of limestone water, the urine precipitating large quantities of it—which I had ascribed to old age, being in my seventy-third year. Your oxygenated solvents and tonics had the effect that, to me, was perfectly astounding, in removing the kidney derangement. Although I was not dyspeptic, the bowels became somewhat relaxed, and the alvine discharges assumed an ash-color from torpor of the liver; but in a short time after the use of your correctives, the alvine discharges took on an appearance manifesting a healthy state of that viscus. My appetite increased until it was a real pleasure to eat, but, of course, the luxury, too, of a full, deep, and free respiration was the grand climax. My strength increased, and I began to take on flesh, so that in a short time my wife said she did not know me.

JOHN SMITH, M.D.

To ANDREW STONE, M.D., Physician to the Troy Lung and Hygienic Institute.

Case of Ulcerated Larynx Cured.

NEW-YORK RANCHE, CALIFORNIA, March 14th, 1860.

DR. STONE, of the Troy Lung Institute:

DEAR SIR: If I remember right, when I left Troy, now two years ago, I promised to write and inform you what influence your medicines had on my complaint. When I left, I was very weak, thin in flesh, and harassed by a continual cough, and a very sore and dry state of the throat, larynx, and windpipe. Now I am strong and robust, and *perfectly free* from any cough whatever. I attribute this cure, first, to your treatment by inhalation of medicated vapors, and your remedies, aided by the climate here. Whenever I take a cold, I find that a few minutes with the Inhaler is very beneficial. Two of my friends, for-

merly from Philadelphia, were to see me to-day, both troubled somewhat in the same way, and I have recommended them to your treatment, and they requested me to order a course for them both.

I am, dear sir, most truly yours,

J. B. McCHESNEY.

Striking Cure of Liver Disease and Dyspeptic Consumption.

Miss E. M. Jones, a lady of great intelligence, writes us under date December, 11, 1865, at Bloomfield, New-York:

MY DEAR DOCTOR: For some time I have been thinking of writing to you.

I can say with a thankful heart that I do not feel like the same person that I was when I commenced your treatment. My health is so much improved by the use of your remedies, and I can truly say, is improving all the time. My headache, to which I had been subject so long, has all gone, and I am now able to work hard.

I feel that I owe you a debt of gratitude; and am gratified, indeed to learn of the continued prosperity of your Institution, and think it demands the attention and patronage of invalids in all parts of the world.

Yours, truly,

E. M. JONES.

Advanced Pulmonary Tuberculosis. The eruption of an abscess, or the ulcerative matter, periodically for three years. Large cavity in the apex of Right Lung, with all the Consumptive symptoms of cough, pain in the chest, fever, night-sweats, chills. Arrestment of the disease and complete recovery.

I was called to see Abijah Gleeson, of Milbury, a man about forty-five years of age, in the summer of 1848. He had been running down in health three years; had been through the routine of botanical and popular treatment, without benefit. He was now confined to the house, and for a few hours previous had expectorated nearly a pint of pus, which came up so fast as to nearly suffocate him. Patient stated that the sudden expectoration of matter began to occur about two years previous, when he was at the time completely prostrated. Yet the expectoration would subside for intervals of three to six weeks, and would return. When the periods of the eruption of matter ran over four weeks, the quantity discharged was much greater, and much more prostrating, and the system required much longer time to rally. A minute stethoscopic examination discovered a very large cavern at the top of the right lung. A palliative and sustaining course of treatment was adopted; nutritious food, strict injunctions as to hygiene and exercise in the open air when dry; passively and gently on foot. The last of the summer and fore part of autumn, the patient was again out attending to some light labor; but as soon as cold weather approached, another serious eruption of ulcerated matter took place, which confined him to the house the entire winter, in a low state of health and strength. He made his *will*, arranged his affairs, and was daily expecting to *die*.

I always make it an invariable rule in my practice, never to abandon my patients, as long as one reasonable hope can be afforded on rational, pathological,

or therapeutic principles. Knowing that the resources of nature are wonderful at times, even in cases where a timid practitioner would see no grounds for hope, or to expect a cure, I told my patient not to abandon hope—it was his sheet-anchor; that if I could support him yet, the *vis medicatrix naturæ* (the vital power) would yet heal the caverns.

It was about this period that I had been extending my inquiries to ascertain the elementary normal principles which entered into the formation of the tissues of the lungs. Discovering phosphate of lime to enter largely into the cell tissues, I was induced to combine the phosphate with a nutritious oleaginous agent, and sugar of milk, thus uniting three of the most potent principal agents largely concerned in building up and nourishing the lungs, through the medium of the assimilative organs and the blood.

I put my patient immediately upon this compound. He had not used the medicine two weeks before the soreness, so long felt in the chest, began to abate. He could breathe with less difficulty; he could now lie down in bed at night, which he had not done for a long time; his rest gradually became more sound and refreshing; his appetite began to return, and as he proceeded in the use of the medicine the cough left him. Two bottles had not been used before a wonderful and marked change for the better had taken place. The expectoration subsided entirely, his strength rapidly returned, and every symptom rapidly improved. The patient continued the use of the medicine steadily a year, until twelve bottles were used; at the end of that time, a minute stethoscopic examination was again made of the chest, and all physical symptoms of the cavity had subsided, being entirely healed. The patient had but one slight return of the abscess eruption after beginning the medicine, and this was produced by exposure and taking cold. Two years after this, the patient had become so well he purchased a farm, feeling fully able to attend to it. The cure was permanent, and is one of the greatest triumphs of skill over Tubercular Consumption that the records of modern medicine can produce.

Miss Luey Mareh, aged twenty-two, of Pepperhill, New-Hampshire, came under my care for Pulmonary Consumption, in the spring of '50, health completely prostrated, with all the fearful symptoms of a rapid decline. She had for years worked in a cotton factory, exposed to dust, and inhaling the constant bad air, and sudden vicissitudes of the weather several times daily; cough, pain in the side, fever, chills, night-sweats, great debility, loss of appetite, cold extremities, dry lips, derangement of the digestive organs, inability to sleep, were her constant symptoms. Percussion and auscultation demonstrated tubercles to exist in the miliary stage in the lungs. She adopted my treatment with courage and resolution, her health rapidly improved, the distressing symptoms gradually but regularly subsided. One year afterwards she wrote me she had regained her health entirely under my treatment, and says she believes I saved her life, expressing much gratitude for my successful and skillful treatment of her case.

I could multiply similar cases almost without number, from the evidence I possess of the cures not only of Tubercular and Bronchial Consumption, but that silent, wasting kind of Consumption known to the judicious physician as

nervous debility and decay in the young of both sexes. This species of Consumption is of all others the most deceptive in its approaches, extending its baneful influences to every organ, impairing every function, impoverishing the blood, and making a melancholy wreck of what was once a lovely form. Let those who are putting on this train of ills, burst from the awful spell, and summon courage and resolution to repose their case in the confidence of a judicious physician before it is too late.

Wonderful cure of an aggravated case of Piles and morbid sensibility of the Rectum, complicated with Torpid Liver.

DR. STONE: DELTA, ONEIDA COUNTY, N. Y., February 18th, 1866.

MY DEAR SIR: I had been severely afflicted for many years, at times, with piles, suffering, during these periods, the most intense pain and agony; so much so that my health and strength were completely prostrated, incapacitating me for labor—even any motion of the body would cause intense suffering. I tried many remedies, and employed many physicians in my own town and vicinity, without any permanent relief or benefit, when, in the spring of 1864, I had handed to me your treatise on the diseases of the Liver and Piles, which I read with intense interest; and becoming convinced, by your rational philosophy in ascribing the cause for Piles to a torpid, or an obstructed state of the circulation in the Liver, that you were thoroughly informed in regard to this class of maladies, I was induced to apply to you for advice and treatment.

At that time I was unable to set up but very little, did not even attempt to walk or ride out, my suffering was so great. *Without* seeing me you prescribed for me from the history and symptoms which I gave you, sending your remedies, which, in a very short time, acted like a charm. I was relieved of the pains that had tortured me for years; my bowels began to assume a natural function by the use of your remedies; and in the course of eight weeks my health had improved so much that I rode to Troy to visit you in person.

After a full, personal investigation of my case, you pronounced the piles—that is, the swelling and inflammation of the hemorrhoidal veins—entirely cured by the medicines which I had used myself at home; but decided that the great sensitiveness which remained was the result of long-continued inflammation in the nerves of the Rectum, which you pronounced “morbid sensibility,” which, after visiting you twice, and receiving proper local applications, entirely subsided.

If it will be of any benefit to others, suffering as I have suffered, to publish this statement, you are at liberty to do so, or to refer any one to me.

Yours, truly,

MRS. C. A. DENNISON.

From Judge Thomas L. Smith.

Remarkable case of Morbid Sensibility of the Bladder, attended with Ulceration, cured.

NEW-ALBANY, IND., May 13th, 1860.

DEAR DOCTOR: Your letters of the 5th and 8th of May, 1860, and also the box of medicines, forwarded by express, have been received. Your prompt and

careful, minute investigation of my ease, merits my gratitude, and satisfies me that I could scarcely have trusted myself in more competent and faithful hands. I shall endeavor to prove myself worthy of your kindness, by strict adherence to your directions, and shall take great pleasure in testifying to the services I think I have reason to believe you will render me in every possible way.

THOMAS L. SMITH.

NEW-ALBANY, IND., May 25th, 1860.

MY DEAR DOCTOR: I find that your medicines are producing a marked effect. The irritation which occasioned such frequent desire to urinate is very much diminished, inasmuch that, while before taking them I was obliged to get up several times during the night, I have, since using them, been able to keep my bed sometimes all night, and seldom, if ever, am obliged to rise more than once. I observe the same effect during the day. I can now pass two or three hours without inconvenience, while before, from a half-hour to an hour were the usual periods. I feel much encouraged now to find that I can retain much more water than formerly; for a considerable time, I could not retain more than an ounce or two, and began to apprehend that the bladder was becoming contracted in some way; but I now find that I can carry almost, or sometimes, perhaps, as much as in usual health.

My general health, appetite, digestion, etc., continue to be good. My acquaintances generally observe to me that I am looking very well.

THOMAS L. SMITH.

DR. A. STONE, Troy, N. Y.

NEW-ALBANY, IND., August 7th, 1860.

MY DEAR DOCTOR: I take great pleasure in informing you, that since I received the last box of medicine, I have improved very much indeed. I can, indeed, scarcely realize myself that I am so much better; in fact, I am at present almost entirely relieved of all unpleasant symptoms. The soreness about the region of the bladder has gradually abated; the mucous discharges have almost ceased; and I am now able to attend to my usual business without any inconvenience whatever.

THOMAS L. SMITH.

NEW-ALBANY, IND., August 13th, 1860.

MY DEAR DOCTOR: I am doing so extremely well, that I am astonished at the great change which has taken place in my condition within a short time. There is some little soreness yet, but I experience so little inconvenience, that if there should be no change for the worse, I should have but little to complain of. I remain very truly your friend, etc.,

THOMAS L. SMITH.

DR. ANDREW STONE, Troy, N. Y.

NOTE.—The invalid reader who may feel interested in the treatment of such cases, however deplorable they may be, will observe that we can treat our patients at a great distance off, and not see them, as we have done the above case, from the necessary analysis of the urine, and by the patient answering such interrogatories as we furnish at the time.

Commendatory Notices from the Press.

From the Times, published at Waterville, Oneida County, N. Y.

THE TROY LUNG AND HYGIENIC INSTITUTE.

ALTHOUGH we have advertised for the "Troy Lung and Hygienic Institute" in our paper for some two years, we were not aware, until an opportunity placed it in our power to inspect it personally, which, thanks to the kind courtesy of the Doctor, we were enabled to do, that it was—in regard to scientific appurtenances and appropriate laying out—an institution of such an imposing character.

Passing through Troy, a few days since, we took the opportunity to call, and were received by the attending Physician (Dr. A. Stone) with that kind, affable courtesy which is known to characterize his manner. Having expressed our desire to see the institution more particularly, he undertook personally to show us the principal objects of interest, the first of which was

THE "PULMOMETER."—This ingeniously-constructed instrument, of which Dr. Stone is the inventor, and by which he is enabled to determine the vital capacity of every person to inhale, even to a cubic inch. We were tempted to try our vital capacity by this novel yet truthful method, and found that it was equal to two hundred and twenty-five inches, which, the Doctor assured us, was the general average of healthy persons, though many went as high as three hundred and sixty, according to their occupation.

In addition to the "Pulmometer," this Institution possesses a Microscope of immense power, which was made to order in London and imported thence. This, the Doctor informed us, he used for analysis of diseases peculiar to the kidneys and urinary organs, and with this instrument, he is able to determine with striking accuracy the nature of diseases, by analysis of the blood and the *urinary secretions*. To do this more perfectly, he furnishes a series of printed interrogatories to each applicant for treatment, eliciting in return all the prominent and obscure features of his or her case, which enables him to make his diagnosis of the case complete, and to a moral certainty. By this mode of procedure, he is enabled to treat and successfully cure every patient by letter, forwarding their remedies by Express or Mail, as the case may be. The Doctor here produced, by way of illustration, some morbid specimens (under glass) of crystals, uric-acid, lime, and other deposits, which he had detected in the blood and urinary secretions of patients by means of this Microscope. These were of a truly alarming character, even in appearance, still more in reality, when we consider that these morbid deposits pass through the blood and kidneys, producing, of a verity, painful constitutional irritation and functional derangement.

The next thing in course was THE BATHS, which the Doctor has arranged on a grand scale, with every facility for having warm, cold, or medicated baths, ready for immediate use.

This Institution is also supplied with a very extensive CABINET of anatomical charts, diagrams and philosophical apparatus, almost as complete as any medical college in the Union. We should think it would afford most valuable facilities to students, especially in the departments of Eclectic medicines and scientific analysis.

The Doctor has patients all over the Union and the Canadas whom he treats by letter and Express; by means of this Microscope and Pulmometer accurately determining their cases, stating symptoms with astonishing particularity, and successfully prescribing, without ever seeing his patients, in every case. The Doctor exhibited many letters from those patients, all of which went to show that his treatment had been wonderfully successful.

The Doctor now introduced us to Mrs. Doctress Stone, the Matron of the Institution, whose sedate, matronly appearance, combined with her profound knowledge of the diseases peculiar to her sex, render her, in our estimation, well qualified to treat successfully patients suffering from the "thousand ills that female flesh is heir to." We know that there are many delicate females who have an antipathy to state their case to a male physician. Females of this stamp will find a confidential friend and skillful adviser in Doctress Stone. We think that, on this account alone, this Institution affords a great privilege to females which they should avail themselves of—the opportunity of consulting a scientific female Physician.

We regret that time, "which waits for no man," compelled us to leave, as we should have wished to have spent a longer time in so agreeable a place with so intelligent a companion. We can now conscientiously advise all patients, suffering from the class of ills set forth in the Doctor's advertisement, found in another column of our paper, to have recourse to him, if they wish for health and its blessings.

From the Providence Daily Tribune.

AN IMPORTANT ERA IN THE HEALING ART.—The great advantages gained by scientific men in dividing their studies and concentrating their energies and talents on one specialty or branch of the healing art, are nowhere so strikingly witnessed as in that of treating Pulmonary Consumption.

It is but a few years since, fresh in our own recollection, when all diseases of the lungs were pronounced decidedly incurable by that class of Allopathics who are always conservative of their prejudices, and whose daily routine was calomel, antimony, squills, or ipecac, which, instead of sustaining and aiding nature to throw off the disease, so debilitated and prostrated her energies, by destroying the appetite and breaking down the digestive functions—the resources of which, nature alone can repair any disorganization, that a cure as a matter of course was hopeless.

Happy for our race that a few determined, energetic men have devoted their

lives to investigating the true cause, and demonstrating that Pulmonary Consumption can be cured. For, when we have stood by the bedside of our friends, and seen day after day the wasting of the once proud form of manhood, and the blight, the hectic blush and pallid cheek, and ghastly eye of an endearing sister, under the ravages of this appalling disease, our heart sunk within us, to think that science should bow so submissively, without an effort to stay its progress.

Among the brilliant lights of modern medical science that have made themselves truly conspicuous in staying the progress and demonstrating the curability of Pulmonary Consumption, is Dr. STONE, of Troy, New-York. He bases his plan of treatment upon the principle of aiding nature, by sustaining and nourishing the blood through the energies of the digestive and assimilative organs—purifying the blood and cleansing the fountain, that the streams sent to nourish decaying vital organs shall be pure and healthy. At the same time, in order to quiet local irritation, and soothe the parts over which air necessarily passes, the most quieting and healing *medicated vapors are administered by inhalation*, and the healing process of the ulcerated or diseased parts rapidly goes forward, from the renewed energies of the system.

The combination of these systems in the hands of Dr. STONE has been the means of restoring to health hundreds that had been given up by other physicians as incurable. These cases truly show the triumphs of modern science.

From the Providence Advertiser.

CONSUMPTION CURABLE.—In no country in the known world is Pulmonary Consumption and the kindred affections connected therewith so common as in the United States. This fell disease is continually busy, blighting the fairest portion of our society. More hearts are caused to bleed, and the happiness of families blasted more by the severing of the dearest ties of life, by this destroyer than any other disease in the whole catalogue. One hundred thousand of our citizens are annually extinguished by this scourge alone. It is a melancholy fact, too, that this malady has made progress just in proportion as it has been pronounced incurable by the conservatives of the faculty. But new and cheering light is dawning upon us. Some of the wisest and ablest pathologists of the present day, who have devoted much time exclusively to inquiry into the cause and curability of Consumption, pronounce it just as curable as fevers or any other common and often fatal diseases are curable.

Among the most industrious laborers in the vineyard, of this department of the healing art, stands foremost Dr. STONE, of Troy, New-York. He has devoted fifteen years of unwearied attention to the practicability of the true pathology of curing Tubercular Consumption. And the many cases that had suffered from repeated abscesses and caverns in the lungs, for three years successively, are now living monuments of his skill. Dr. STONE does not believe that one system, used as a hobby, can effect a cure, but combines the quieting and palliating agents scientifically administered in inhalation, with a nutritious and restorative system, in the shape of food and other suitable tonic and purifying

agents through the medium of the digestive and assimilative organs, to cleanse the blood, and thereby heal and build up the diseased and wasting lungs. For he believes with Rokitsansky, one of the most profound German pathologists, who states that tuberculosis depends upon a fibrinous crisis of the blood, and that all attempts to stay the progress of the disease will be futile unless the bad state of the blood is corrected.

From the Transcript, Adams, Massachusetts.

Dr. ANDREW STONE's Lung and Hygienic Institute, No. 96 Fifth street, Troy, New-York, is becoming a place of famous and successful resort for the afflicted. The Doctor receives innumerable calls, and applications by letter to the number of dozens per day, from the remotest sections of our country. He is a man in whom educated skill, originality of mind and philanthropy of nature are so combined as to make the GOOD PHYSICIAN; and his establishment is commodiously fitted up with medicated baths, magnetic apparatus, and the like, which speedily eject disease from the system. He is the author of a treatise on the "Premature Decay of American Youth," which every parent should read, and which—if its warnings and injunctions were heeded—would check the ravages of the secret destroyer.

Dr. Stone's Respirator.

BRONCHITIS, Laryngitis, Catarrh, Asthma, Consumption, and the numerous class of maladies affecting the Lungs and Respiratory Organs, are so generally prevalent in the United States, that every one, in the least subject to them, should feel the deepest solicitude to guard against every liability to colds or exposures, that would in any way tend to their renewal, or to aggravate their present condition—hence the great importance, during the cold, chilly and damp season of the year, of wearing a Respirator over the mouth, whenever the patient goes out. It is highly essential for every *victim* of such disease, and for every *patient*, to be in the open air all that is possible, to invigorate the constitution, and to inure themselves against sudden changes of our very fickle climate; for the more such invalids stay in doors, the more tender they become, and more susceptible to the changes of atmosphere and to cold when they do go out.

The constant use of the Respirator, prevents, in a great measure this liability; for it warms and tempers the atmosphere, inhaled in the mouth, before it enters the windpipe and lungs, and thereby prevents the sudden chill and congestion, which almost inevitably follows, when breathed without being tempered and modified by such a Respirator. Aside from this, it enables the patient to talk and hold conversation in the open air without any inconvenience or deleterious consequences, that would otherwise occur. It is very superior in its advantages to a scarf or handkerchief, which many wear over the mouth, which retains, in a great measure, the exhalations from the lungs—not allowing them to pass off, as does the Respirator. For the latter reason, the scarf or handkerchief, which covers the mouth, becomes very injurious indeed, causing the sub-

ject to breathe back the poisonous exhalation which had escaped from their lungs. Says a late author on Bronchitis and Consumption, "no patient should ever go out when the air is damp or chilly, or in the cold season of the year, without using a Respirator, even if the atmosphere is warm and pleasant. When they do go out, and there is no immediate necessity of using it, they never should leave without carrying it with them, to put on the instant there is any change in the atmosphere, and a demand for it on that account." In using this instrument, I must remind my patients, that no benefit can be expected unless it is employed with *perseverance*. Many make a toy of it, using it sometimes, but neglecting to do so regularly.

Now, the principal thing in the prevention of bronchitis, is to ward off every attack of inflammation of the membranes, as it weakens them, and renders them more liable to a recurrence,—equally so in cases of Pulmonary Consumption, for a renewal of a cold or congestion upon the lungs may be attended with fatal results.

A person therefore, who has had repeated returns of bronchitis, cough and consumptive symptoms, ought to carry the Respirator with them, so that on any occasion when necessary they may use it at once. A lady subject to bronchitis, went out in the carriage on a fine spring morning without taking her Respirator with her; within half an hour the wind suddenly changed and she immediately returned home, but she was violently attacked with the disorder.

The Respirator prescribed and kept by the Troy Lung and Hygienic Institute is made to order in London, and imported, and afforded at the very low price of \$5. It is so light it can be sent by mail to any part of the Atlantic States for twenty-five cents extra.

We advise every one of our patients to be provided with this Respirator. No excuse should be offered for being without one, so great is its advantage.

Address, Dr. ANDREW STONE, Physician to the Troy Lung and Hygienic Institute, and Physician for Diseases of the Heart, Throat and Lungs,

Troy, New-York.

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THE PULMOMETER, OR LUNG-TESTER.

THIS philosophical and ingeniously contrived instrument is constructed on correct scientific principles. It consists of a glass reservoir for containing air, graduated into cubic inches, standing in a bowl of water, with a valve and stop-cock. The person testing his capacity, instantly exhausts his breath at the time of putting the tube or mouth-piece into his lips: the valve is at once opened, and the lungs are filled, exclusively from the air contained in the jar; water takes the place of the vacuum formed by the air passing out into the person's lungs. From experiment on many thousands, it has been demonstrated that the average capacity of males, in health, is 224 cubic inches, and of females, about 175 or 180 cubic inches; accordingly it will be readily seen that the lessening or falling off in the vital capacity will demonstrate to a moral certainty, either structural or functional disease. The incipient process of tubercle or scrofulous deposit in the minute air-cells of the lungs, can be detected by this scientific method earlier than by any other; hence its wonderful importance in discriminating the true condition of each case, and in pointing out a timely aid, to arrest its further progress; for the want of which vast many cases would be allowed to run to a melancholy fatality. "Truly Medicine is a noble art when it enlists the hand of genius, who by causes it to become a healing art indeed, by staying the and dread malady. She will now take her place among onward progress to new developments that will ameliorate the condition of suffering humanity, and cause joy and happiness to take the place of misery and woe.

From the Troy Whig of March 28, 1859.

THE VITAL CAPACITY OF THE ARABIAN GIANT.—Dr. Stone, the distinguished physician to the Troy Lung and Hygienic Institute, measured the lungs of Deroth R. Gorhon, the "Arabian Giant," last Friday evening, as previously announced by us, with his Pulmometer, or Lung-Tester, and found his vital capacity to be four hundred and twenty cubic inches. The average capacity of men in good health is two hundred and twenty-four cubic inches. Taking into consideration his height—seven feet six inches, weight four hundred and seventeen pounds, and age twenty-one—his capacity is not *pari passu* proportionate to the average of laboring men. Though his lungs are large and sound, the inability arises from his sedentary habits; the pectoral muscles (muscles concerned in respiration) not being duly exercised to give *elasticity* sufficient to expand the lungs to their utmost capacity. His capacity is not equal to that of Freeman, the "American Giant," who exhibited in London some years since, which was four hundred and thirty-four cubic inches, height six feet eleven and a quarter inches, weight nineteen stone five pounds. But this was Freeman's capacity after training for a prize fight, which goes to show conclusively the *great* and *all-important* necessity of a proper and due amount of exercise of the muscles in the open air, and especially the muscles of the chest, and of maintaining an erect carriage of the chest, to develop good lungs and escape Consumption. The capacity of Mrs. Gorhon, the giant's wife, was only one hundred and twenty cubic inches. The average capacity of females in good health is one hundred and eighty cubic inches, demonstrating conclusively, in her case, diseased lungs.

The instrument used by Dr. Stone, though plain and simple, is one of the most useful ever devised to determine either a healthy or unhealthy condition of the lungs. But its great value consists in pointing out incipient Consumption when all other modes of examination fail.

THIS INSTITUTION has recently been removed, and is now permanently located on Bowery Place, Ida Hill, Troy, N. Y.

Desiring a more healthy location than the low-made land and river-bottom of Troy, to meet the needs of the large number of consumptive invalids he is called upon to treat, Dr. Stone has recently removed his Institution to his permanent country-seat as above, a few blocks east of his former residence.

Patients visiting him will take a carriage at the depot, at an expense of \$1.00 only, and ride directly to the Institution, all the drivers being well acquainted; or, take the Congress-street horse cars, which run every half-hour, at an expense of six cents only, two blocks south of the Union Railroad Depot, and leave the cars at Brunswick Avenue, one block only from his present residence. Patients will be accommodated with board and entertainment at a reasonable rate while there, and returned to the cars or Depot without charge.

As it is now situated, this celebrated Health Institution commands one of the most healthful as well as one of the most magnificent panoramas of natural scenery that can be found outside of Italy—embracing the long range of the Catskills and Helderberg Mountains, the magnificent waterfall of Cohoes, the Blue Ridge of the Eastern Mountains, comprising Berlin Heights, Hoosie Mountain, (now being tunneled,) and the celebrated "Bald" Mountain on the north. Here the invalid can spend his time most agreeably, diverted with the various changes brought to bear by the diversity of physical exercises and gymnastic training in the open air, in conjunction with the invigorating medical treatment. Here, also, he can quaff purifying and refreshing draughts from the life-giving *Well*, and feel encouraged that his ingester, his regimen, and diet will be discriminately and judiciously advised by his attending physician.



TO WHOM IT MAY CONCERN.

THIS is to certify that we, the undersigned, have been intimately acquainted with Dr. ANDREW STONE, Principal of the Troy Lung and Hygienic Institute, for the last nine years, and take pleasure in certifying that, in his business transactions with our Express Offices, he has ever been remarkably prompt in forwarding his treatment to his numerous patients in every part of the country, and has been extremely solicitous to see that all consignments were forwarded to their destinations with the least possible delay.

We cheerfully recommend him and the Institution he represents to be perfectly safe and worthy of all confidence.

TROY, N. Y., March 23, 1866.

E. H. VIRGIL, *Supt. National Express Company.*

H. S. BENEDICT, *Agent American Express Company.*